Boost your self-confidence and self-care to support student engagement better

unicom

JOIN US!

Tips from and for the university staff

Set clear expectations

Be understanding

towards yourself -

nobody is perfect

Develop your skills e.g. via Internet sources or by participating in trainings, job shadowings, etc.

Create a safe space where mistakes are allowed (yours, too)

Seek help and get inspiration from more experienced colleagues

Use your university resources

Appreciate students' (and your) work

> **Be curious** and open to students



Remember that done is better than perfect

Remember that

you cannot control

everything

Relax

and breathe

Know your needs and follow them - you are not a robot

> Reflect on your work, appreciate the change/progress in yourself

Know and accept your strengths and weaknesses

Set realistic goals

> Celebrate achievements

Be clear and transparent in your behaviour (students appreciate that)

Self-care aid kit

Deep Breathing Exercise helps to quickly calm the mind and the body, immediately reducing feelings of frustration.

- Sit or stand comfortably with your back straight
- Inhale deeply through your nose for a count of four
- Hold your breath for a count of four
- Exhale slowly through your mouth for a count of six
- Repeat 4-5 times until you feel more relaxed

Cognitive Restructuring Exercise aims to change negative thought patterns that lead to frustration.

- Identify the specific thought causing your frustration
- Challenge this thought by questioning its accuracy and looking for rational evidence
- Replace the negative thought with a more positive or realistic one

Example: Change "I can't handle the frustration" to "I'm learning and improving with each attempt"









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