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Humanitarian courses, Grammar and Written courses, 448 Courses / 361.8k following 708 Courses / 320.6k following 1290 Courses / 281.2k following 1364 Courses / 244.0k following 841 Courses / 297.1k following 237 Course / 190.6k after 1917 Courses / 458.1k following 3287 Courses / 454.8k following 363 Courses / 286.9k following 203 Courses / 124.5k after the last update on October 13, 2020 Having a high self-esteem is important if you are striving for personal or professional success. Interestingly, most people will have high levels of self-esteem to act in a similar way. That's why it's often easy to pick them in a crowd. There's something about the way they hold on and talk, don't they? We all have different hopes, dreams, experiences and ways, but confidence has its own universal language. This list will present some of the things you won't find yourself doing if you have high self-esteem.1 Compare yourself to OthersPeople with low self-esteem constantly comparing your situation with others. On the other hand, people with higher self-esteem show empathy and compassion while protecting their sanity. They know how much they can handle and when they can offer a helping hand. In the age of social media, however, social comparisons are almost universal. One study found that participants who used Facebook were more likely to have lower self-esteem traits, and this was mediated by greater exposure to up social comparisons on social media. Basically, you will feel worse about yourself if you constantly get glimpses in life that you feel better than yours. Try to limit your time on social media. Also, when you start scrolling, keep in mind that each profile is carefully designed to create the appearance of a perfect life. Test yourself when you find yourself wanting green grass.2 Be mean SpiritPeople with low self-esteem to bully others. They're happy to put other people down. People with positive self-esteem see no need to down other people, choosing instead to encourage and celebrate success. If you find that you feel the need to put others down, analyze where it is From. If they had success in the help them feel good about this achievement. They can do the same for you one day. Let The Imperfection Ruins Your DayPerfectionism not necessarily bad, but being obsessed with doing everything perfectly is a sign that you have low self-esteem and can lead to endless negative thoughts. This can lead to an inability to solve problems creatively, which will only worsen the problems with self-esteem. Those with high self-esteem disconnect from the results and do their best without expecting perfection. People understand with such confidence that spoiling is part of life, and that every time they strive and miss out on success, they at least learn something along the way. If you missed the mark, or if your plan isn't working exactly the way you'd like, take a deep breath and see if you can turn in order to do better next time.4 Stop at it's common to hear people living all the way things go wrong. They believe that each of their failures signals an impossible task or an innate inability to do something. People with healthy self-esteem find out why they have failed and try again. People with higher levels of trust also tend to accept growth thinking. This type of thinking supports the idea that most of your abilities can be improved and altered as opposed to fixed. For example, instead of saying: I'm just not very good at math; That's why I did badly on the test, someone with a growing mindset would say: Mathematics is hard for me, so I'll have to put in some more practice to improve next time. Next time you experience failure, check out this video to help you believe in yourself again:5. Devalue your self-esteemPeople with high self-esteem appreciate their own perception of themselves - they understand that they come first and do not feel guilty in taking care of themselves. They believe charity starts inside and if they don't believe they will never have a healthy self-esteem. Self-service is often top of the list of priorities for people with self-esteem. For some ways to practice self-service, check out this article.6. Try to please OthersThey can't please all people all the time, so confident people first focus on doing things that will make them feel fulfilled and happy. While they will politely listen to the thoughts and advice of others, they know that their goals and dreams must be completed on their own terms. 7. Close yourself from the confident people have the opportunity to be vulnerable. These are those with poor self-esteem who hide all the best parts of themselves behind an emotional wall. Instead of keeping the present secret, be open and honest in all your relationships. As Brene Brown, author of Daring Greatly, Vulnerability is what it's shown and seen. When you take every aspect of who you are and let others see them as well, it will create deeper, more meaningful meaningful in your life. When this happens, you will realize that perfection does not lead to people who love you more. You can learn more about the power of vulnerability in this TED conversation with Brené Brown:8. Follow and avoid LeadingPeople with low self-esteem do not believe they can lead, so they end up following others, sometimes in unhealthy situations. Instead of looking for a sense of belonging, people with high self-esteem go their own ways and create social circles that build them.9 Fish for complimentsIf you are constantly looking for compliments, you are not sure. People with high self-esteem always do their best (and try to do good deeds) because that's what they want to do, not because they're looking for recognition. If you need to hear compliments, tell them in the mirror. You can even try some positive statements if you need a confidence boost. Check these statements to get started. 10. Be LazyPeople work harder when they have high self-esteem because they are not bogged down in doubts and complaints. Those with low self-esteem end up procrastinating and wasting their energy thinking about all the work they have to do, rather than rolling up their sleeves and just getting it done. It can also bounce off perfectionism. Perfectionists often feel intimidated by certain projects if they fear that they will not be able to complete them perfectly. Click on your confidence and just do your best without worrying about the ideal result. Shy away from the risks, when you trust yourself, you will be willing to participate more in life. People with low self-esteem are always on the sidelines, waiting for the perfect moment to jump in. Instead of letting life pass you by, have confidence in your success and take the risks necessary to succeed.12 GossipPeople with low self-esteem are always in the business of other peoples - they are more interested in what everyone else does than themselves. People with high self-esteem are more interested in their own lives and stay away from other people's affairs. Instead of engaging in idle gossip, talk about some of the positive news you've heard recently, or about that fascinating book you've just finished. There's a lot to talk about for what a particular person has done wrong in their life. Bottom lineSelf-respect for success in life. People who maintain a healthy level of self-esteem believe in themselves and push themselves to succeed, while those with low confidence feel a sense of entitlement. If you need momentum in your self-esteem and mental health, avoid negative conversations about yourself and other mistakes of people with low self-esteem. You'll be amazed at what difference it makes. More Tips for Creating a ConfidenceFeatured Photo Credit: Christina and Through unsplash.com ThoughtCo uses cookies to provide you with a great user experience. Using ThoughtCo, you accept our use of use Tom Merton/Caiaimage/Getty Images The transition from high school to college can be difficult. And your social and academic life will be remarkably different from high school. Below are the ten most significant differences on the academic front. Without parents, life may seem exciting, but it can be a challenge. No one is going to nag you if your grades slip and no one is going to wake you up to class or get you to do your homework (no one will wash your laundry or tell you to eat well either). In high school, your teachers will most likely pull you aside if they think you're struggling. In college, your professors will expect you to initiate a conversation if you need help. Help is available, but it will not come to you. If you miss a class, it's up to you to keep up with work and get notes from a classmate. Your professor won't teach the class twice just because you missed it. However, if you take the lead, you will find that your college has many resources to help you: professor hours, a writing center, an academic support center, a counseling center, and so on.

In high school, you spend most of your day in classrooms. In college, you'll average about three or four hours of classes a day. You may even end up with a day or two that doesn't have classes. You want to plan your classes carefully and recognize that using all that unstructured time productively will be the key to success in college. A significant number of new (and old) college students are struggling with time management. In high school, you have to go to school every day. In college, it's up to you to get to class. No one will hunt you down if you regularly sleep through morning classes, but absence can be disastrous for your grades. Some of your college classes will have attendance policies and some won't. In any case, regular attendance is essential to the success of the college. In high school, your teachers often keep a close eye on the book and write on the board all you need to go into your notes. In college, you'll need to take notes about reading assignments that are never discussed in class. You will also need to take notes on what is said in the class, not just what is written on the board. Often the content of a class conversation is not in the book, but it can be on the exam. From the first day of college, make sure you are prepared with pen and paper. Your hand writing is going to get a lot of exercise and you'll need to develop an effective strategy for taking notes. In high school, your teachers probably checked all your homework. In college, many professors won't check on you to make sure you're doing a reading studying the material. It's up to you to put in the effort you need to succeed, and if you fall behind, you'll struggle on exam and essay time. You can spend less time in class than in high school, but you will need to spend a lot more time studying and doing your homework. Most college classes require 2 to 3 hours of homework for each hour of classes. This means that the 15-hour class schedule has at least 30 hours of extracurricular work each week. That's a total of 45 hours - more than a full-time job. Testing is usually less common in college than in high school, so one exam can cover a couple of months worth of material. Your college teachers may well check you out for material from assigned readings that have never been discussed in the classroom. If you miss a test in college, you'll probably get 0 - makeup is rarely allowed. Similarly, if you don't finish at the appointed time, you probably won't be able to finish later. Finally, tests often ask you to apply what you've learned to new situations, rather than just spewing memorable information. Keep in mind that extra time and special testing conditions are always available to students who are eligible for this accommodation. Legal protection for students with disabilities does not end in secondary school. Your college teachers will be looking for a higher level of critical and analytical thinking than most of your high school teachers did. You're not going to get A for effort in college, and you usually don't get the opportunity to do extra credit work. Get ready for a class shock during the first semester when this essay that would earn A in high school gets you a B- in college. College professors tend to base final scores largely on a couple of great tests and papers. The effort alone will not win you high marks- it is the results of your efforts to be appreciated. If you have a bad test or paper class in college, chances are you won't be allowed to re-examine the appointment or do extra credit work. In addition, consistently low college grades can have serious consequences, such as lost scholarships or even deductions. Even if you went to a strict school and took many AP classes and double enrollment classes, you're going to find the college different. It's possible the amount of academic work won't change dramatically (although it may), but how you manage your time will need significant adjustments to deal with college freedom. College. features of academic writing ppt. features of academic writing pdf. features of academic writing slideshare. features of academic writing exercises. features of academic writing objectivity. features of academic writing formality. features of academic writing complexity. features of academic writing quiz

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