



## Career Girls: Be Confident

### Lesson Topic

Building Confidence

### Lesson Objective

To help students understand what confidence is and how having confidence in yourself can help you achieve your goals

### Preparation

Preview the video (1 minute, 19 seconds) in advance of the lesson.

### Warm-up Activity

1. Introduce the video topic (being confident).
2. Activate the prior knowledge students bring to the topic of confidence:
  - a. Invite students to think about what it means to have confidence (or to be confident).
  - b. Have students “turn and talk” with a classmate to share examples of how having confidence has helped them succeed at something (such as speaking in class or trying a new activity).
3. Bring students together to develop a definition of the word confidence—for example, “having the belief that you can succeed in doing something.”

### View the Video: *Be Confident*

1. Share that in the video, seven role models discuss what it means to be confident.
2. View the video together, and encourage students to listen for the word confidence.
3. View the video again, this time asking students to listen for ways they can build confidence in their own lives.

### Video Follow-Up

1. Invite students to share questions and comments about the video. Model this first by sharing a question or comment of your own. For example, “I agree with what the last speaker said, that ‘the best thing a person can be is . . . exactly who they are.’ I don’t have to pretend to be someone I’m not.”
2. Revisit language used in the video to clarify meaning and deepen students’ understanding of what it means to be confident. For example, the words “tear down” are used in the video; these words can have different meanings depending on the context. Start with a concrete example. Ask, “What does it mean to tear down a building?” (take apart the building; remove it). Then discuss what it means if someone wants to tear you down. How are the two

- meanings alike? How are they different? (Both uses relate to destroying or damaging. To tear down a building is to physically take it down or remove it. To tear down a person is to make someone feel bad, like that person is not good enough.)
3. Discuss how having confidence in yourself helps when someone tries to “tear you down.”
  4. Repeat steps 2 and 3 with other key language in the video.

### **Extension Activity**

1. Have students recall advice from the video (return to the video as needed, pausing it to help students remember specific ideas). Make a list on chart paper to summarize key points, such as:
  - a. Believe in yourself.
  - b. You’re worth it.
  - c. Keep your dreams alive.
  - d. There’s power in you being you.
  - e. Know that you can do amazing things.
  - f. I know what I’m doing.
  - g. Be exactly who you are.
  - h. Know that who you are is awesome.
2. Invite students to choose one piece of advice and make a mini motivational poster to display in the classroom or in the hallways (or to decorate a notebook or to take home) as a reminder of what it means to be confident.