

ACM India Grad Cohort 2018

Building Confidence

C. Aiswarya
Chennai Mathematical Institute
aiswarya@cmi.ac.in

Building Confidence

- ❖ not confident?
- ❖ improve confidence?
- ❖ confident?

Building Confidence

- ❖ not confident?
- ❖ improve confidence?
- ❖ confident?
- ❖ sine wave
- ❖ can happen anytime
- ❖ needs attention

Re-Building Confidence

- ❖ Analyse what went wrong?
- ❖ Repair
 - ❖ not willing to analyse because not ready to accept
 - ❖ make it a habit to analyse
 - ❖ use your me time

Re-Building Confidence

- ❖ Analyse what went wrong?
- ❖ Repair
- ❖ not easy: talking helps
- ❖ is there a solution?
- ❖ each case is unique
- ❖ not willing to analyse because not ready to accept
- ❖ make it a habit to analyse
- ❖ use your me time

Re-Building Confidence

SITUATION

- ❖ I can't work on this
- ❖ I do not know this
- ❖ this is too tough for me

WHAT TO DO?

- ❖ are you working enough?
- ❖ read and learn
- ❖ talk to your guide
- ❖ small steps / targets

Re-Building Confidence

SITUATION

- ❖ I can't work with her / him
- ❖ not understanding
- ❖ not helping
- ❖ not letting me contribute

WHAT TO DO?

- ❖ talk to your friend
- ❖ talk to your supervisor
- ❖ talk to a mentor
- ❖ change

Tip: choosing topic/guide

- ❖ Try to do short internships (explore topics / guides)
- ❖ maximum 4 (say, pick your favorite courses and teachers)
- ❖ or try some **** exercise from your graduate text book and discuss your ideas with your teacher

Re-Building Confidence

SITUATION

- ❖ other students have several papers
- ❖ I have none / rejections

WHAT TO DO?

- ❖ do not compare with others
- ❖ compare with self
- ❖ patience / hard-work

Re-Building Confidence

SITUATION

- ❖ family support changes
- ❖ additions / deletions in family
- ❖ added responsibility

WHAT TO DO?

- ❖ ask
- ❖ talk to experienced people
- ❖ set your priorities
- ❖ decide what you what and stand for it

Re-Building Confidence

SITUATION

- ❖ being in the minority
- ❖ hearing comments indicating your work is insignificant
- ❖ need to prove

WHAT TO DO?

- ❖ ???
- ❖ check if you are doing the same

Building Confidence

- ❖ Ask for help when needed
- ❖ Be a friend. Listen. Help people in need
- ❖ Talk about your issues, and what worked for you: may help others
- ❖ aiswarya@cmi.ac.in