

Building Self-Confidence Reflection

You have been assigned a reflection paper, to be written 2-3 pages in length about building self-confidence. Please note that the purpose of this assignment is not to provide you with a venue to justify your actions or to evaluate the actions of others.

Watch the following video from TED X: (<https://www.youtube.com/watch?v=w-HYZv6HzAs>)

The reflection should be composed in an appropriate manner as any essay/paper in a college classroom setting and address the following:

- The video discusses many topics around building self-confidence. Define two of these points in your own words and describe how they are connected to the incident that you were involved in.
- Throughout the course of the conduct process, your hearing officer received information about the causes of your particular incident. Please reflect on the video and how the tips which were laid out can help you moving forward from this incident.
- Now that you have had time to reflect on this incident, if you were to be in a similar situation in the future, what would you do differently and how can you assert your individual needs in a group setting? Please remember to set goals which are realistic for you to uphold (i.e. if you believe “leaving when alcohol is present” is not realistic for you, then do not put this as a goal for yourself).

Please submit your reflection to your hearing administrator and conduct@tcnj.edu. Insufficient reflection or incomplete responses may result in rewriting and resubmission of your reflection paper.