

# You Can Do It! Posters to Strengthen the Self-Belief of Young People

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*"They are able who think they are able."*  
Roman poet Virgil



*Self-belief* is one of the most important attitudes that we want all young people to develop. We want young people to believe deep down that they have what it takes:

- to achieve their personal best when learning something no matter how difficult (learning self-belief)
- to form positive and healthy relationships with others (social self-belief)
- to be calm when faced with stressful situations and people (emotional self-belief)

Self-belief is an attitude that reflects the confidence young people have that they can use their skills, motivation and relationships with others to achieve their goals.

Unless young people believe they have what it takes to achieve their personal best, make friends and to be able to manage their feelings and cope emotionally with difficulty, they will hold low aspirations and weak commitment to goals they choose to pursue, have low motivation to persist in the face of difficulties, avoid difficult tasks, situations and people that they perceive as personal threats and experience high levels of anxiety and depression.

Young people with high amounts of self-belief show greater effort, higher intrinsic interest in academic learning, view difficult tasks as challenges to be mastered rather than threats to be avoided, set challenging goals and maintain strong commitment.

It is not all that easy for young people to develop strong self-belief. The road they take in growing up is for many not only filled with exciting and rewarding activities and great relationships, but also frustrations, difficulties and challenges in schoolwork and with peers and family.

You Can Do It! Education programs that are based on existing research and decades of experience provide ways to strengthen the self-belief of young people.



## 12 Positive Attitudes that Build Self-Belief

- Accepting Myself
- Taking Risks
- Being Independent
- I Can Do It!
- Growth Mindset
- Working Tough
- Setting Goals
- Time Management
- Accepting Everyone
- Thinking First
- Following Rules
- Giving Effort

Here's what we have learnt. There are 12 Positive Attitudes that together contribute to an overall outlook of self-belief in young people. The more strongly young people hold each of these attitudes and regularly put them into practice, the stronger their overall self-belief.

As an example, if a young person has developed an Accepting Myself attitude, if laughed at or teased by a classmate, he or she will not take the behaviour personally and, instead, may see it as a classmate trying to show off. The result will be less anxiety and feeling down when interacting with others and the experience contributes to greater emotional and social self-belief.



## 5 Social-Emotional Skills that Build Self-Belief

- Confidence
- Persistence
- Organisation
- Getting Along
- Resilience

In You Can Do It! Education programs, five social-emotional skills are taught that enable young people to have success experiences when learning, making friends and managing their emotions.

As an example, if a young person has been taught tools for how to persist and not give up when doing difficult schoolwork, his or her success will be greater. This result will contribute to stronger learning self-belief.

## The You Can Do It! Posters

The posters are designed to provide a visual point for discussion of the 12 Positive Attitudes and 5 Social-Emotional Skills.

The individual posters can be downloaded, printed and displayed in an A4 or larger size format. They can be posted individually or as a group and referred to during You Can Do It! Education lessons and activities.

You can send each poster home with students as a link or hardcopy. The posters can be shown and discussed with parents/carers.

The You Can Do It! Posters are part of the You can Do It! Education program.

For more information, visit:  
[www.youcandoiteducation.com.au/schools](http://www.youcandoiteducation.com.au/schools)