

# Confidence in students

*Molly – Thursday 16 March 2017*

Everyone knows teenagers hate waking up on a Monday morning, because let's face it we would probably all want a lie in as well, but it's not always for the same reason. These days students are pretty much told to grow up and be an adult. They have to choose what they want for their GCSEs and study for them too. In some cases it's not hard, but in most it's a pretty complicated decision, but luckily schools usually give all the help they can. So why do students lose their confidence and what effect can this have?

There are many reasons why a pupil may lose their confidence, but there are some main reasons which can have more influence than others, such as bullying or a type of peer pressure that goes too far. It's not always easy to see if a student is being bullied and students can feel bad about telling an adult. There would be the fear of making his or her situation worse or not being taken seriously. A student should always be persuaded to talk to people about problems they're facing and should get the support they need so that big problems don't get bigger.

As well as this, they may be faced with problems at home such as their parents going through a divorce, being neglected or living in a generally bad home. Their atmosphere at home can affect how they act and feel throughout their day or even life. This can lead to big problems.

How they look. Some teenagers feel pressured to have the 'perfect body' or just look 'perfect'. Makeup helps most teenagers feel confident and comfortable about themselves, but a lot of schools have policies against makeup and of course non-uniform. Even though uniforms may represent the school and unify the pupils, sometimes they are a bit too much. They can present problems for the wearer, the girls mainly. The uniform can be expensive and sometimes the way they are made or just the material are bad which affects how it looks and feels.

All of these can lead to loss of confidence and to generally feeling unhappy in and out of school. If students are not happy they will be more and more unlikely to do well in school, therefore their grades might drop.

I asked a student about how confident she feels in school. She said that she doesn't feel very confident at school, and that it varies but that she felt confident outside of school. She explained she didn't feel confident in school because of the people. Overall I think that not everyone will be confident in school as everyone is different, but that in some cases they can be helped.