



Erasmus + VET Strategic Partnership

IENE 8 - Empowering migrant and refugee families with parenting skills

Bite sized Learning Tool no. 4.4.

TITLE OF THE TOOL –

CONFIDENT ADULthood (12-18 YEARS)

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TITLE: 4.4. CONFIDENT ADULTHOOD

This bite-size learning tool refers to the importance of confidence and self-esteem in having a healthy adulthood. Family, parents and culture are strong influencing factors shaping and building confidence. Some principles and good practices may enhance parenting skills aiming in developing a confident adult.

LEARNING OBJECTIVES

1. To provide a general understanding of confidence and its importance in adulthood.
2. To know principles that can help parents in developing and improving young adults' self-esteem and confidence, taking in consideration culture and other parameters.
3. To enhance parenting skills aiming to become culturally competent and compassionate.

CONFIDENT ADULTHOOD

Research has shown that there is a positive association between high self-esteem and successful life aspects during adulthood, such as social relations, health, work (Magnusson and Nermo, 2018; Orth and Robins 2014).

Self-esteem is the assumptions we make about ourselves based on the way we see ourselves. Positive self-esteem refers to one feeling comfortable with who he/she is, what one can achieve and how he/she appears physically. It very simply means one is happy with who he/she is (<https://study.com/academy/lesson/how-to-improve-self-esteem-in-adults.html>). Self-esteem develops slowly throughout life span. It can start just because a child feels safe, loved and accepted (Kids Health Medical Experts). When vulnerable population such as migrants and refugees this is much difficult as they may be lacking some or all of these (e.g. feeling safe).

These help in building one's **confidence**; referring to the feeling or belief that one can have faith in or rely on someone or something (Oxford Dictionary); includes trust, courage, competence. Confidence is a feeling of self-assurance arising from an appreciation of one's own abilities or qualities (Oxford Dictionary <https://www.lexico.com/en/definition/confidence>).

Being a confident adult helps you to make the right decisions. Family, parents, society, culture play essential role in developing one's confidence. Positive thinking, training, knowledge and discussing with others are useful ways to improve confidence. Confidence comes from feelings of well-being, acceptance of your body and mind (your self-esteem) and belief in your own ability, skills and experience. Personal characteristics such as self-discipline, communication skills, perseverance, sociability, confidence, self-esteem helps in the formation of human capital and non-cognitive skills (Magnusson and Nermo, 2018; Joshi, 2014).

Helping a young adult to improve or boost confidence is challenging; but it is rewarding as well. This process may worry or fear young adults, particularly females. Some principles (parenting skills) that can help parents in supporting their young adults in developing or improving confidence include: A) Redefining failure: view failure as a learning opportunity and encourage young adults to try for what they believe. B) Forget being perfect: trying to be perfect is an obstacle, thus need to support them to make their decisions easier and confidently. C) Do not overthink situations (particularly females do this). For adolescents and young adults over-thinking might not seem 'bad' as it may prevent risky behaviors. But it is different *thinking things through* and *overthinking* (Mazzella, 2019). It is important to encourage and decision

making and if it is a mistake, one can learn from it. D) Understand that action leads to confidence: Young adults can gain confidence from their actions. Parents should not overprotect and be role models (Mazzella, 2019).

Further, parents may help in developing and improving confidence by: Praising effort (not overpraise), focusing on strengths, allow children/teens/young adults to help and avoid/ban harsh criticism (<https://kidshealth.org/en/parents/self-esteem.html>).

IENE 8 project tries to enhance parenting skills and empower parents (particularly migrant and refugee) to learn ways in dealing with their children in a culturally and healthy manner, in different situations and in different ages, under difficult conditions. For this bite-size learning tool is the process of developing and improving confidence; having a confident adulthood.

KEY POINTS

1. There is a positive association between high self-esteem and successful life aspects during adulthood, such as social relations, health, work
2. Positive self-esteem simply means one is happy with who he/she is.
3. Confidence is a feeling of self-assurance arising from an appreciation of one's own abilities or qualities; it includes trust, courage, competence
4. Family, parents, society, culture play essential role in developing one's confidence.
5. Principles that can help parents in supporting their young adults in becoming confident include: Redefining failure, forget being perfect, avoid overthinking of situations, take actions; praise, focus on strengths and so on.

ACTIVITY

QUESTIONS

1. What is positive self-esteem?
2. What factors may influence the development of a confident adult?
3. Write 5 principles (parenting skills) that may help parents in supporting their young adults in regards of developing or improving confidence?

REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

Use this space to write down your answers to the questions of the above activities.

SELF ASSESSMENT

Think of a refugee girl aged 12-18 living in a temporary accommodation with mother and grandmother, just starting a new school and has not had the time yet to make friends. The young girl feels that can not make it to the new school because of the language, does not know anyone, feels that does not know anything and fears that they will 'make fun' of her as refugee (may be because of her colour, country, status...).

How this parent can be supported, empowered as to deal with his/her young adult fears and insecurities? What parenting skills can she/he apply that may help in boosting his/her young daughter's confidence?

REFERENCES

<https://study.com/academy/lesson/how-to-improve-self-esteem-in-adults.html> How to Improve Self-Esteem in Adults (Instructor Millicent Kelly)

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Oxford Dictionary <https://www.lexico.com/en/definition/confidence>

ANSWERS TO QUESTIONS IN ACTIVITY SECTION:

A/A	ANSWER
1	Self-esteem is the assumptions we make about ourselves based on the way we see ourselves. Positive self-esteem refers to one feeling comfortable with who he/she is, what one can achieve and how he/she appears physically. It simply means one is happy with who he/she is.
2	Family, parents, society, culture play essential role in developing one's confidence.
3	Principles that can help parents in supporting their young adults in becoming confident include: Redefining failure, forget being perfect, avoid overthinking of situations, take actions; praise, focus on strengths and so on.

ANSWER FOR SELF ASSESSMENT ACTIVITY:

It is important to guide parents taking in consideration its culture and ethnic background as to help to approach his/her daughter in an appropriate and acceptable for the family way. Principles that can help parents in supporting their young adults in becoming confident include: Redefining failure, forget being perfect, avoid overthinking of situations, take actions; praise, focus on strengths and so on.