Recover Your Academic Self-Esteem

1. Take a moment to think about all the academic accomplishments you achieved since you began high school—or even earlier—grade school.

   a. Write down the achievements you earned (Dean’s List, CSF Life member, Phi Beta Kappa, etc.)
   b. Follow with honors and scholarships you received.
   c. Add in publications or presentations you were proud of.
   d. Toss in anything you recall professors, teachers, counselors and advisors saying about you.

2. Look at the list. Study everything you’ve accomplished. What do you think now?

3. Keep the list handy. Update as necessary.

4. Bring out the list whenever you need to remind yourself, just how smart you are.