

How to be more confident in school?

Do you know that feeling when stress eats you from the inside, despite the fact that you have mastered all the material? You're nervous at every public speech? You can't talk with classmates in class because you are shy? Here are some ways to boost your confidence at school.

Find out your strengths and weaknesses

Not all at once become eloquent and direct. It's hard to be more comfortable in a new environment for freedom of behavior. To break the ice, you should know their strengths, we can imagine amongst your school peers. Think about your strengths and weaknesses and use them as their allies.

If you are a person who can't easily start a conversation, let the other person start a conversation, and then it will be easier to continue the theme. However, in some situations you should start your speech, for example, during the oral answer to the teacher. It is best to start with the facts that you managed to remember, gradually enriching their curiosity. However, don't tell "tales", because teachers do not like it when students come up with.

What to do if you are nervous about public speaking?

When you are not a fan of public speaking and think about your hands, abdominal pain or even vomiting, try to overcome their weakness. It's not an easy art, and sometimes it comes with age, but don't let anyone judge you through the prism of your imperfections.

Remember that you are only human and know its value. During the presentation, or response set objectives: what specifically do you want to tell someone, and in what form. Take care of transparency of information. Write down the most important facts and try to grasp. Look for useful language in the dictionary, but don't overdo it with complicated words that you still don't remember.

If you can't be spontaneous, don't improvise, because it can fail. Tell me what you have planned, and if you forget, then try to skillfully jump. Before the speech try to reduce stress — lemon balm drink, think about something pleasant, for example, it will just have a conversation with someone you like and with whom you feel safe.

How to find a common language with their peers?

If you are a person that is hard to acclimatize, you will have to face with their weaknesses. Don't be a stranger. Try to spend less time alone. Try to find a common topic with classmates or schoolmates. Don't be afraid to start a conversation. What binds people is, first of all shared laughter.

Tell us about funny situations that happened to you, or about Comedy that you watched last time. Try to reduce the distance, but do not impose themselves. No one likes intruders! Offer also fun to spend time together or to spend time actively — team game will bring you closer to friends. Do not close yourself, but don't talk directly about personal matters. Try a natural way to move from topic to topic during a conversation.

There is no proven way to be sure of school. Each of us is unique and handles [purchase an essay online](#) stress differently. In addition, each of us responds differently to the new environment. Remember, however, that politeness and eloquence are inextricably linked with the acquisition of good grades or new acquaintances at school.