




THE CONFIDENCE STRUT
How to showcase yourself and get the job.

FIRST

- Look up.
- Eye contact.
- Posture.
- Torso or Hips.
- Arms.

- Your mantra.
- Your song.

FIRST

- Look up.
- Eye contact.
- Posture.
- Torso or Hips.
- Arms.

- Magic 4 Hello.
 1. Smile, Head Up
 2. DIRECT EYE CONTACT
 3. "Hi, I'm (first and last name). It's a pleasure to meet you."
 4. Firm (but gentle) handshake

FIRST

- Look up.
- Eye contact.
- Posture.
- Torso or Hips.
- Arms.

- Magic 4 Goodbye.
 1. Smile, Head Up
 2. DIRECT EYE CONTACT
 3. "It sounds like a great opportunity... I look forward to hearing from you!"
 4. Firm (but gentle) handshake

FIRST

BUT FOR REALS...

- **CONFIDENCE** in your walk

comes from

- **CONFIDENCE** in yourself

comes from

- positive **SELF-ESTEEM**

(and a little bit of faking it until it's real)

BUT FOR REALS...

- **WORKSHOP:**
How to build your self-confidence
- **VIDEO:**
How to build confidence as a designer
- **LECTURE/DISCUSSION LATER:**
What exactly to do in an interview

WHAT WE'LL DISCUSS

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WHAT WE'LL DISCUSS

Get out a pencil/pen and paper.

WORKSHOP

- **1. CONFRONT YOUR FEARS**
- **2. OWN YOUR STRENGTHS.**
- **3. SET ATTAINABLE GOALS**
- **4. HELP SOMEONE**
- **5. SEPARATE YOUR WEAKNESSES**
- **6. STOP COMPARING**
- **7. LOOK CONFIDENT**

Paraphrased from "7 Psychology Tricks to Build Unshakable Confidence" - <https://www.youtube.com/watch?v=4Wd3958wCA>

CONFRONT YOUR FEARS

Not getting a job?

That's you talking yourself in to failure.
Talk yourself into success.

EVERY. DAMN. DAY.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - <https://www.youtube.com/watch?v=RWBX9S8wCA>

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CONFRONT YOUR FEARS

Get into groups and discuss:

- What **action** are you the most scared of taking when it comes to your career?
- What can you do to help yourself be more comfortable with this?

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OWN YOUR STRENGTHS

On your own,
write down your **personal** strengths.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - <https://www.youtube.com/watch?v=RWBX9S8wCA>

OWN YOUR STRENGTHS

1. Get in groups of 8-10 people.
2. Stand in a circle, 1 person in the middle.
3. On a timer, everyone (one at a time) must say at least 1 thing he/she **admires** about the person in the middle of the circle.

Try to be more specific than just
"nice to everyone".

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OWN YOUR STRENGTHS

On your own, think about that experience and how it may inform your own thoughts about yourself.

Take notes and reflect.

Remember this when we see the video about having confidence as a designer.

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SET ATTAINABLE GOALS

Many people don't think to develop themselves emotionally using lists, deadlines, and resolutions.

By creating daily or weekly boxes for you to check to **consistently compare where you are with where you were**, you can track.

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SET ATTAINABLE GOALS

FOR THOSE WITH ANXIETY AND FAILURE ISSUES
(like me):

Be kind to yourself. Think long-term about how small accomplishments are a big deal.

Paraphrased from "7 Psychology Tricks to Build Untoppable Confidence" - <https://www.youtube.com/watch?v=RWBX9S8wCA>

SET ATTAINABLE GOALS

On your own, figure out one goal you have for yourself.*

Consider a **STEP BY STEP** plan to attain this.

Now break it into smaller, achievable steps.

* that you don't mind sharing if asked. 😊

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SET ATTAINABLE GOALS

This is not quick, but it's powerful.

Remember **STEP by STEP**.

It may take a bit to set the right size of steps and amount of time it takes to attain a goal.

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HELP SOMEONE

Get into groups of 4-6.

Discuss ways to help others in your community. Define your different communities, understanding those are not just geographic locations.

Take notes.

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SEPARATE YOUR WEAKNESSES

- Accept that there are some things you will never be able to change. Don't waste time on these things. Let them go.
- Everyone hates something about themselves. (And often, it's something of which someone else is jealous.)

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - <https://www.youtube.com/watch?v=RWBX958wCA>

SEPARATE YOUR WEAKNESSES

• Your strengths define you FAR MORE than your weaknesses.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - <https://www.youtube.com/watch?v=RWBX958wCA>

SEPARATE YOUR WEAKNESSES

- You are your own worst enemy.
- Instead, be your #1 fan.
- **EVERY. DAMN. DAY.**

I say from personal experience.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - <https://www.youtube.com/watch?v=RWBX958wCA>

SEPARATE YOUR WEAKNESSES

- Also be extremely careful of taking others' opinions of you too seriously.
- Sometimes people cut you down to make themselves feel better. If you don't react to that other than a "thank you for sharing your views", that can shut them up.

I say from personal experience.

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SEPARATE YOUR WEAKNESSES

- And is that weakness really a strength?

I say from personal experience.

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STOP COMPARING

- Get in groups and discuss:
 - 1. Who do you wish you were?**
Share and share why you feel this way.
If the person is not well-known, you may need to explain this in more general terms.
 - Each person in the group find a problem with this scenario **how it's not as good as it seems.**

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STOP COMPARING

- 1. Consider who a good mentor would be as if reality didn't matter.**
Share and share why you feel this way.

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LOOK CONFIDENT

- Modifying your appearance and body language not only affects how people behave toward you, but also changes how you conceive yourself.
- Straighten your back.
- Dress well (ironed, clean, fits well).
- Maintain an open stance.

Discussed more in interview lectures.

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LOOK CONFIDENT

- Get up and start practicing your walk!

*with soundtrack!

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WHAT WE'LL DISCUSS

- "The myth that good design sells itself is just that—a myth. Good solutions aren't always obvious at first glance. Good ideas, even the best ideas, need to be sold.

A designer who can do pretty good work and persuade the client it's right is worth more than a designer who does amazing work but can't sell it to a client.

Creating a compelling story from a list of recommendations is an often overlooked design skill." -
Mike Monteiro

<https://portland.olyga.org/presenting-work-with-confidence-tips-from-mike-monteiro-s-workshop-at-oufell-pdx/>

- Finding something you are good at (anchor your identity around).
- Find a mentor. Emulate her/him.
- Admit you don't know everything.
- LISTEN.
- Do not put yourself down.
 - Also don't overcompensate for lack of confidence because you'll sound arrogant.
- Always be learning.

PLUS ONE MORE:

- Join a community of fellow designers.



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WHAT WE'LL DISCUSS

WEEK OF APR 27

- **Mon Apr 27**
 - **Portfolio DUE:**
 - Digital (liner flow)
 - Tangible (archival box unless otherwise approved) > PERFECT CRAFT
 - Printed **Leave-Behind DUE**
 - Printed and Digital **Process Books DUE**
 - Review Graphic Design Senior Show requirements
- **Wed Apr 29**
 - **Lecture:**
 - How to Get an Interview
 - How to Rock an Interview
 - How to Continue Networking After the Interview
 - Review how a Portfolio Review works
 - *Any revisions on craft of tangible work if necessary (grade reduced, so this is only emergency situation)*
- **Sat May 2, 9:30am-4:00pm, A-State campus HSS Bldg.**
Regional Portfolio Review scheduled; attendance **REQUIRED**

LECTURE/DISCUSSION LATER:
What exactly to do in an interview
>> 2-4:50pm week of April 27th (Portfolio)

APRIL 2020 - GFX-4803 PROJECT SHEETS AND SLACK ANNOUNCEMENTS OVERLAP THIS CALENDAR.

MON	TUES	WED	THURS	FRI	SAT	SUN
		1 GROUP B required attendance GROUP A optional attendance	2	3	3	3
6 GROUP A required attendance GROUP B optional attendance	7	8 GROUP B required attendance GROUP A optional attendance	9	10 ALL: Send all material TO PRINT by this day.	11	12
Leave-Behind DUE Begin Captions		Leave-Behind DUE Begin Captions				
13 GROUP A required attendance GROUP B optional attendance	14	15 GROUP B required attendance GROUP A optional attendance	16	17	18	19
					ALL: Captions DUE	
20 GROUP A required attendance GROUP B optional attendance	21	22 GROUP B required attendance GROUP A optional attendance	23	24	25	26
					ALL: Final Count DUE	
27 ALL ATTEND: LECTURE & DISCUSSION Final Portfolio DUE Tangible Archival Box DUE Printed Leave-Behind DUE Printed & Digital Process Books DUE	28	29 ALL ATTEND: LECTURE & DISCUSSION	30			
					REQUIRED: Portfolio Review Day	

GROUP A: Work due in folders by noon Sat Apr 4, Sat Apr 11, Sat Apr 18
GROUP B: Work due in folders by noon Mon Apr 6, Mon Apr 13, Mon Apr 20
ALL: FINAL COUNT DUE Sat Apr 25

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