

Making Confident Decisions

Anita van Rooyen



Student Confidence

pro-cats-ination* anyone?



***too overwhelmed
to make a decision,
so watch cat
videos instead**

**OH SHIT!
o'clock**



two step decision-making formula



to empower you & others
STOP answering questions
START asking more

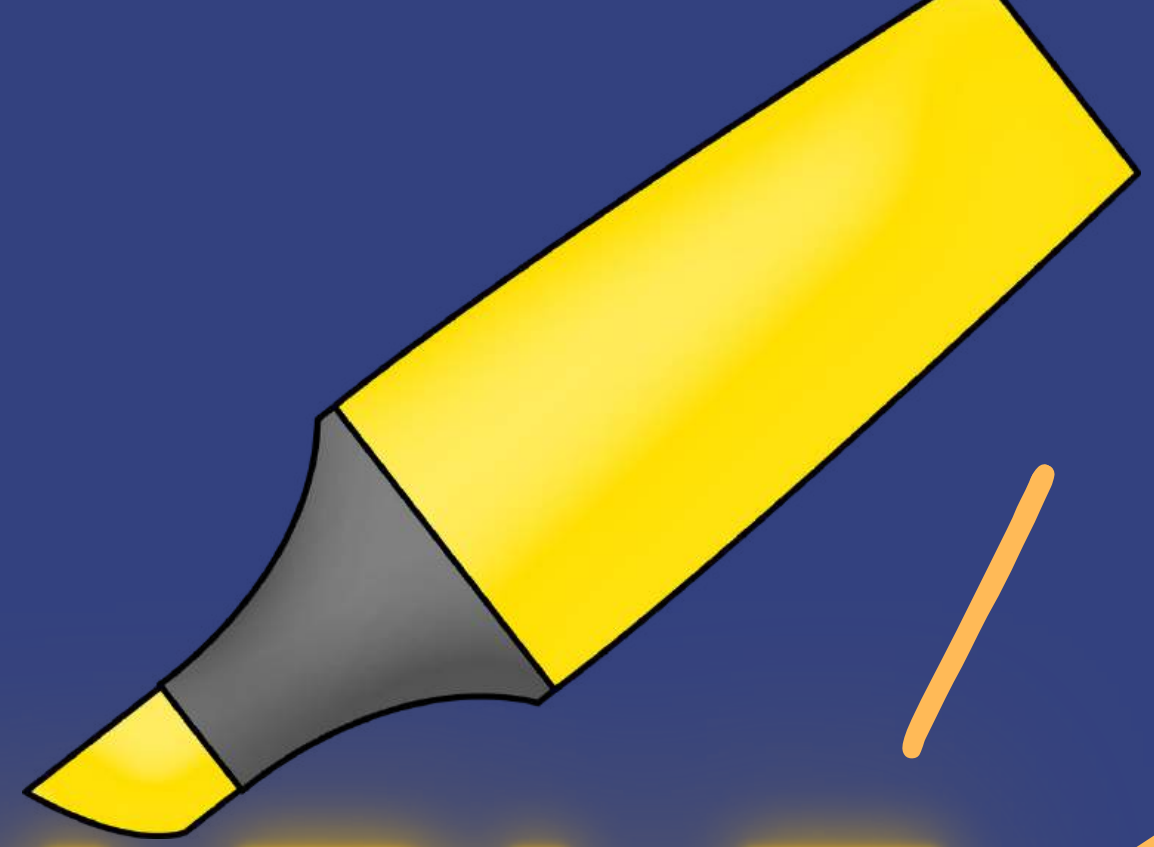


what's the worst
thing that will happen
if I do that thing?

worst thing => catastrophising




worst



REASONABLE

thing?

can I handle it?



flip question
=
different answer

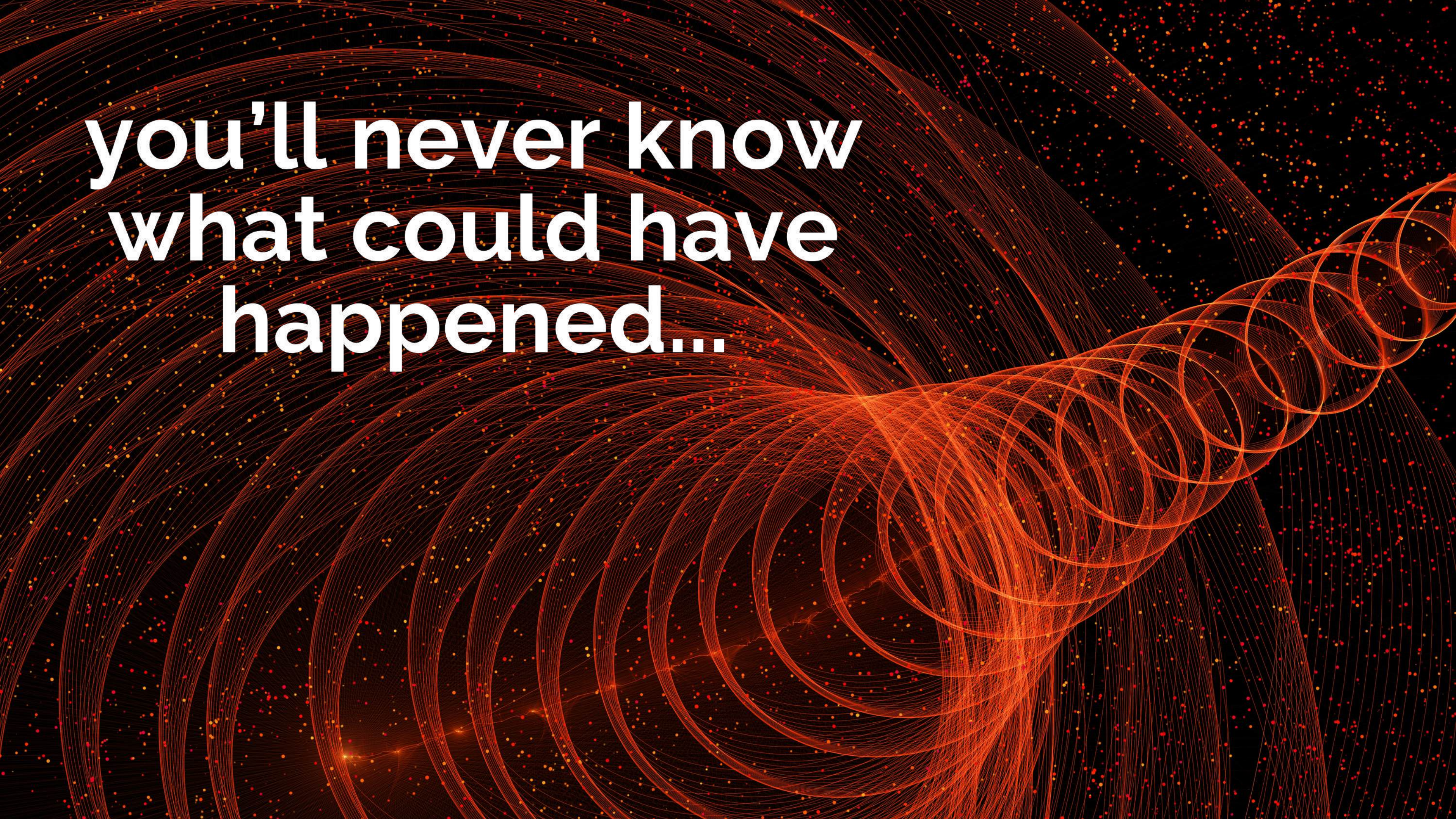
logic-based



intuition?



**you'll never know
what could have
happened...**

The background is a dark, almost black, space filled with intricate, glowing patterns. On the left side, there are several large, overlapping, semi-circular arcs made of fine, bright orange and red lines, creating a sense of depth and movement. These arcs appear to be part of a larger, complex structure that extends towards the right. Scattered throughout the entire scene are numerous small, bright particles in shades of orange, red, and yellow, some of which appear to be in motion, creating a starry or nebula-like effect. The overall composition is dynamic and visually rich, with a strong emphasis on light and color against the dark background.

Confidence Crew Program

- New & pathways students
- Shy students
- HDR students
- Scholarship recipients
- Academic challenges
- Awaiting psych/counselling
- Student leaders
- Off-shore students
- TNE students
- under 18s



Australian Government

Department of Education

*included best
practice case
study to
de-stigmatise
mental health*



**GUIDE FOR ENHANCING
INTERNATIONAL STUDENTS'
MENTAL HEALTH AND WELLBEING**

Student Confidence Programs listed as case studies of best practice

Download the guide



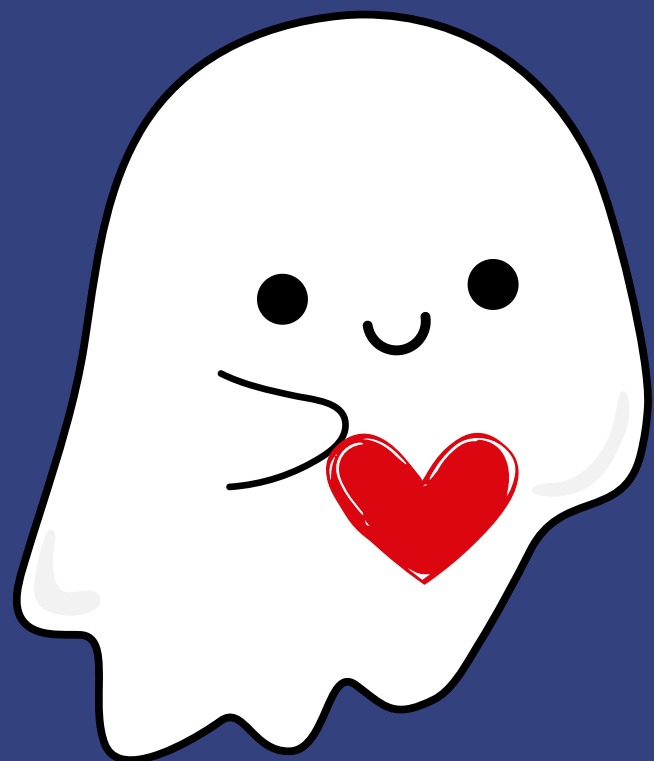
Australian Government
Department of Education



 Student Confidence

Who ya gunna call?

Stigma Busters



 Student Confidence

❄ Student Confidence

Accidental Counsellor

- coaching skills for staff
- real vs presented problem
- solve small & prevent big challenges
- decode behaviour
- fast track connection
- whole of provider

Preparise Platform

- from \$2/student
- fully hosted, modular
- <10min/lesson
- subtitled
- for staff & students
- wellbeing & pre-arrival
- employability
- financial literacy

NEW!



Student Confidence

helping students stay, play & (re)pay

studentconfidence.com.au

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Australian Government
Department of Education

