

Your smiley face

A really simple exercise focusing on articulating what your mentee does well, to build their confidence. It helps to counter the common tendency to exaggerate the negative to the detriment of the positive.

- Ask the student to draw a smiley face in the centre of a piece of paper, label it with their name and draw a number of lines coming out from the face, as though they're rays from the sun.
- Ask them about things they do well or feel good about, and suggest they write these things on the lines.
- Ask them what someone else would say they do well and to write this down too.
- Ask about a situation where they felt pleased about what they had done and talk about the skills they used.
- Gradually, the amount of strength-based evidence on the page will build up into something that you can celebrate together and they can use as a visual reminder.

Your smiley face - example

