



Positive self-perception linked to learning ability

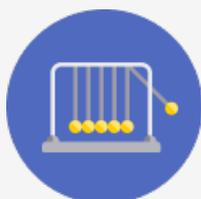
Description

A long history of negative experiences in education and training ends up undermining students' confidence in their learning abilities. This has a negative impact on self-esteem.

Many vocational education and training (VET) students have already faced difficulties in general education, and may have dropped out from school. Low achievement in general education, and a first instance of dropping out, can contribute to a negative self-perception. Many of these students end up by internalising a vision of themselves as 'poor students'. If learners face serious difficulties again in a VET programme, chances are that they will leave education and training for good.

Some of these young people need to strengthen their self-confidence and rediscover an interest in learning in order to positively engage in education and training.

Related intervention approaches



Building motivation to learn



One-to-one support through coaching or mentoring



Second chance measures

Related resources

 Good practice

DARE

Day One Alliance for Employment

The DARE (Day One Alliance for Employment) project is a dynamic and innovative initiative that supports young people not in employment, education, or training (NEET). By focusing on both skill development and social integration, DARE enhances the employability of marginalised youth across Europe.

 **Austria**  **Cyprus**  **Greece**

 **Italy**  **Lithuania**  **Poland**

 **Portugal**

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