



# NAMAL UNIVERSITY MIANWALI

## DEPARTMENT OF COMPUTER SCIENCE

### Assignment

Session / Class: 2021-25

Semester: 8<sup>th</sup>

Course Code: SS-112

Course Title: Introduction to Psychology

Instructor's Name: Komal Zafar

Total Marks: 10

Group Members: NIM-BSCS-2021-33, NIM-BSCS-2021-19

### ***Title: “A 3-Step Guide to Believing in Yourself”***

**Presenter:** Sheryl Lee Ralph

**Link:** <https://ed.ted.com/lessons/a-3-step-guide-to-believing-in-yourself-sheryl-lee-ralph>

#### **Essay:**

In the TED Talk “*A 3-Step Guide to Believing in Yourself*,” Sheryl Lee Ralph delivers an empowering message centered around the journey of self-belief. Drawing from her personal and professional experiences, she outlines three essential steps to developing belief in oneself: see yourself, think for yourself, and act like you believe in yourself. Ralph begins by recalling her triumphant Emmy Award win for her role in *Abbott Elementary*, reflecting on the long and often difficult path that led her there. She emphasizes that believing in oneself is not rooted in arrogance or toxic positivity, but in genuine confidence built over time through struggle, rejection, and perseverance.

Ralph’s first point is about seeing yourself—truly recognizing and understanding your worth and identity. She shares the story of her childhood in a private school where she was often the only Black student and how her Jamaican mother’s affirmations helped her internalize a powerful sense of self-worth. The second step, thinking for yourself, involves reinterpreting negative experiences to uncover hidden affirmations, as Ralph did when a casting director’s offensive comment revealed how powerful and visible she was. Finally, acting on belief means claiming space unapologetically and being ready when opportunity knocks, as she did when she landed a role on *Designing Women*. Her message is clear: believing in yourself is not optional, it’s essential.

#### **Key Takeaways and Lasting Impressions from the Talk:**

What stood out most about Ralph’s talk was her ability to blend humor, humility, and vulnerability. Her story about flipping a racist Hollywood slight into a motivating insight was particularly powerful. The

image that will stick with me is her mother's mirror exercise—it's such a simple yet profound way to teach self-love and resilience.

### **A Brief Profile of Sheryl Lee Ralph:**

Sheryl Lee Ralph is a celebrated American actress, singer, and activist known for her dynamic presence on both stage and screen. In addition to her Emmy-winning role in *Abbott Elementary*, she originated the role of Deena Jones in *Dreamgirls* on Broadway and has been a passionate advocate for HIV/AIDS awareness, education, and mental health throughout her career.

### **Further Curiosities and Questions for the Speaker:**

If I had the chance to speak with her, I would ask how her activism has shaped her sense of purpose and what advice she has for young people facing systemic bias today. I'd also be curious to hear more about how she balances vulnerability with confidence, especially in public-facing careers like hers.