

# **Believing You Can is the First Step to Achieving: A CBT and Attribution Retraining Programme to Improve Self-Belief in Students aged 8-12 - , Alicia Chodkiewicz**

This easy-to-implement programme helps educational professionals to engage and motivate students aged 8-12 who are underachieving or have low self-belief. Based on techniques from CBT and AR, the work

