



learningtolearn

Independent learner _____

Preparing to FAIL

F.A.I.L.

First Attempt In Learning

Failure is a vital part of learning. While in some subjects you may thrive and understand everything with ease, there will undoubtedly be some subjects where this is not the case.

No shame

Surround yourself with people who support each other, there should be no embarrassment about wrong answers

Address difficulties

Don't bury your head in the sand, what can you do to make a situation better and what support might you seek?

Focus on what you can control

Break down into small tasks and identify where you can take control. Keep track of the progress you are making

Don't bottle it up

Make a list of who you can talk to, to help move you forward

Learn from your mistakes

The biggest error is not to capitalise on errors made in seeking to avoid them in the future



Embrace the grey

Life isn't black and white, situations are not wholly positive or negative. Realising that you will not always reach perfection, but will make progress towards it removes huge burdens of stress and anxiety.

