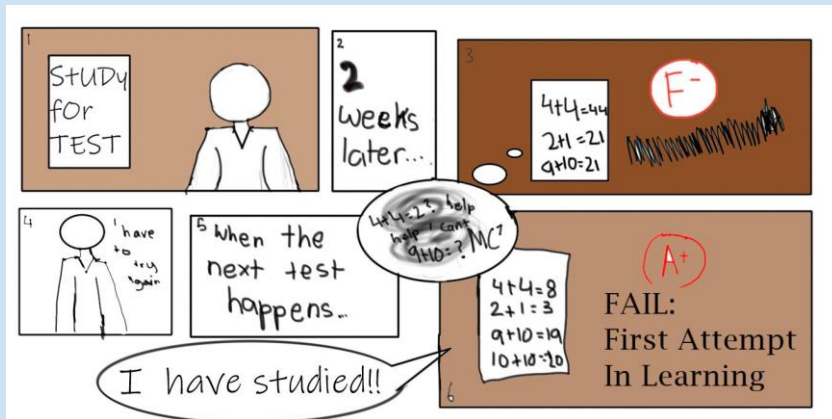


# First Attempt In Learning

## HOW TO OVERCOME FAILURE



When we fail it usually makes us feel negative emotions, but there are ways to help overcome that feeling here are some:



Strategies That Can Help!

- Keep **practicing** on what you failed at. If you practice you - would gain more knowledge about the subject and

understand more about it.

- **Think** about what you failed at. This helps you understand what you should focus on.
- **Talk** to other people. If you still have problems with failing, - talk to other people, they may help you deal with it and also help you with what your failing at. People will also sometimes give examples of how to succeed in the activity you failed on.
- Try **different** ways to do a problem. If you are unsure about -the correct answer to a question, try different strategies to do the problem and figure out which is right and also don't forget to keep calm because if you are panicking it increases the chances of failing again.
- Maybe you could have some objects around you that could help **avoid stress** of failing on the spot.