

# **Why Making Mistakes is Part of the Learning Process**

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Making mistakes is a natural and essential part of learning. I know this feeling all too well. I remember getting a bad grade on an essay and being so disappointed and negative on myself. But I've learned that mistakes is one of the most important parts of learning. Every great person has faced setbacks along the journey. Instead of fearing mistakes, you should embrace them as valuable learning experiences.

By making mistakes and failing, we can understand how to grown and build more confidence.

But it is easier said than done, so here are some ways you can implement this mindset!

- Recognize that mistakes are normal

The first step is to remember that this is a normal, natural part of life. No one gets everything right on the first try. Whether it's a bad grade on a math test or red marks all over your history essay, mistakes happen to everyone.

What matters is how we respond to them!

- Take a step back and analyze the situation
  - Did I misunderstand the assignment?
  - Did I rush through the assignment?
  - Do I need to study more?
  - Did I concentrate on class?
  - Did I attend class?
  - Was the teacher too hard on me, perhaps?

- Am I taking care of both my mental and physical health?
- Am I sleeping enough?

By figuring out the cause, it makes it easier to prevent the mistake in the future.

If you target your mistake and figure out a solution for it, you won't make the same mistake twice.

- Make a plan to improve and stay positive

Once you find the root of the problem, it's time to go in for the kill. This means creating a plan to make small adjustments that'll lead to big improvements over time.

This includes:

- Practicing and discipline
- Taking notes
- Reviewing the mistakes over and over to come up with better solutions
- Preparing with time
- Asking for help from teachers/tutors.

At the end of the day, mistakes aren't failures, but preparation for future success.

You are trying, growing, and pushing yourself to get better. No one becomes their best version without stumbling along the way.

No one starts out as an expert. They fail again and again to become one.

So, the next time you mess up, don't get discouraged, get inspired.

Take a deep breath, try and follow these steps, and use it to improve. As Taylor Swift has once said, “Everything you lose is a step you take”.



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