

Don't be Frustrated by Setbacks

Learning is not always smooth forward motion. More often the path has ups, downs, backward slides and forward leaps, and sometimes seemingly endless plateaus where not much seems to be happening at all. We know this from other learning experiences we have had in life, but we are sometimes more frustrated when it happens with school than, say, in learning a new sport. We get gripped by “the shoulds” – if kids do this, we “should” find it easy, or, we “should” be getting 90s instead of 80s, or whatever “should” has grabbed us at the moment.

Don't let the “shoulds” get you. Stop, take a breather, discuss a roadblock with another learner, do something totally different – in other words, develop strategies to help you over the humps rather than go face-forward into them. Remember the old adage, “It's always darkest before the dawn”, and know that if you have struggled with and conquered the material, you have often learned it better than if you skimmed the surface only.