

Learning from Mistakes Task

A growth mindset means having the ability to learn from mistakes. It has been said, that sometimes when mistakes are made, the most powerful learning occurs. When a mistake is made, the uncomfortable feeling helps to convince the brain to figure it out and remember it. This is why we don't often make the same mistake twice – we learn from it.

When learning something unknown, there's a 'figure it out' process. During this process, mistakes or errors are made but these are often essential as it teaches us what doesn't work as well as what does work.

"Learn to fail or fail to learn." –Tal Ben-Shahar

Your task:

Answer the following questions and then interview 3 individuals and ask the following questions:

1. Think of a time that you made a mistake and learned from it. What was the mistake? How did you learn from it?
2. Do you believe the following quote "learn to fail or fail to learn" why or why not?