

THE ROLE MODELS PROJECT

WHAT CAN WE DO ABOUT...?

FAILURE

ARTICLES AND ACTIVITIES

Introduction	2	The Unexpected Key to Success – by Nick	9
The Fear of Failure – by Ani	3		
Accepting Failure – by Imogen	5	SUPERLOLA – by Lola	11
Best Friends with Failure – by Ally	7	It's Time to Focus on Success – by Emily	13
		Signposting page	16

WHAT IS THE ROLE MODELS PROJECT?

What do we wish we'd known when we were younger

A team of students who are currently studying or recently completed Higher Education courses in Sussex were asked to consider issues particularly relevant to your age group. They started with the question 'What do we wish we'd known about that topic when we were younger?'

In response to this question the team have written articles and made videos that offer ideas, tips and advice on each topic that might be helpful to you right now.

Find out more about the Role Models project:

<https://www.sussexlearningnetwork.org.uk/lisetoolkits/Role-Models-Resource-Books>

WHAT IS THIS BOOKLET?

The Role Models team were asked to consider their relationship with failure. They discussed the shame associated with failure, the pressures they experienced to succeed, the role of failure as a motivator and their approaches to dealing with failure in their own lives.

Each article in this booklet offers a personal perspective from one of the team on failure, based on their own experiences. They also offer tips, tasks and practical changes you might explore to better understand feelings around failure and ways forward. At the end of the booklet there are also links to further information and support on the topic.

Each member of the team has approached the topic in their own way.
Find an article that interests you.



Watch the short video that accompanies this booklet

The video that accompanies this booklet introduces the Role Models team and offers some of their initial thoughts and strategies to address feelings of failure:

<https://www.sussexlearningnetwork.org.uk/lisetoolkits/Role-Models-Resource-Books>

This project is funded by



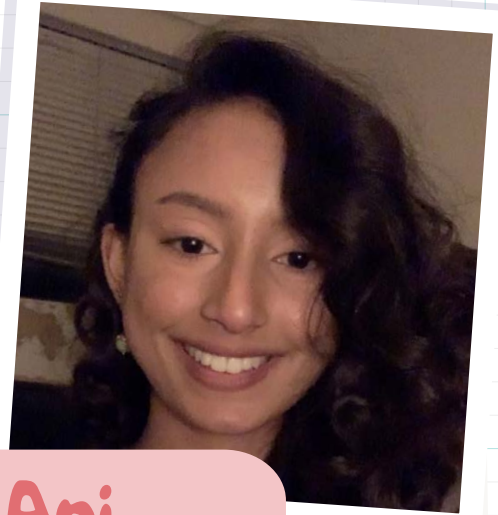
www.sussexlearningnetwork.org.uk

THE FEAR OF FAILURE

What does failure mean to a 20-year-old like me? What does it mean to a 15-year-old or a 50-year-old? Failing at any time in our lives is soul crushing. I understand that feeling when you've pursued a passion so immensely that ends up not working out – it's painful.

It could be a failed friendship, failed job, or in my case, a failed exam. During my AS levels, I got 2 D's. This for me was a really low point as I thought I wasn't going to be able to complete my A-levels or apply for the universities that I wanted. But I remember being told by mum, 'This is not the be all and end all'. That for me was really important as I had the chance to change things around. But it also gave me a different view on life.

As a result of this failure, I became so motivated to finish school with the grades I wanted, and it also changed my entire path to university. Now that I look back on it, that hurdle was amazing as it made me realise that goals can be achieved whenever in life and we shouldn't put time limits on them. And hence I ended up achieving my goal of getting to university when I was 19. It wasn't the 'normal' path everyone else took – but it was my journey.

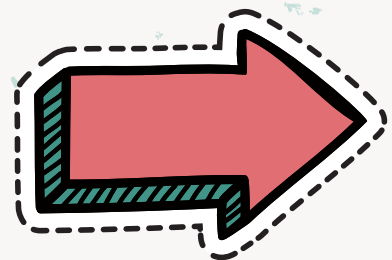


Ani

INTERNATIONAL BUSINESS
STUDENT
UNIVERSITY OF SUSSEX

Failure has taught me that things in life will not always be easy to achieve and that sometimes I have to work a little bit harder to achieve what I want. It has even taught me better ways of doing things or even to appreciate the smaller things in my life that I do have. I know failure doesn't feel good in the moment but sometimes it can lead us down paths we would never expect.

The biggest lesson I have learnt is to embrace any failures that do come by, as it is a process of life that I can assure you everyone has gone through. And while the dark days may feel like forever, they do pass over and you start becoming so motivated for success, that the feeling of failure soon passes.



TRICKS FOR DEALING WITH FAILURE

If you are feeling like those hard days are here where you need motivation, I hope you'll try some of my tricks for when I have hit a hurdle:

- When I've hit a hurdle, I usually clear my thoughts using some unhealthy habits. Example: my biggest unhealthy habit is to eat too much junk food. It's okay to do this for a day, but honestly, it is far better to use healthy habits long term like walks, breathing exercises, meeting with family and friends to help you understand your

- feelings and hopefully overcome a hurdle.
- Learn to understand yourself – sometimes a failure in life can help you to learn more about yourself and actually turn failures into valuable life lessons.
- Try and use your feelings to drive you to do better and help motivate you.
- Finally, keep looking ahead – don't focus on the things that have gone wrong. While reflection is good, it is far better to plan your next move and find a path to move on.

For this task:

A pen or pencil
10 mins +

RATIONAL AND IRRATIONAL THOUGHTS EXERCISE

Identify the difference between rational thoughts and irrational thoughts.

This exercise helped me to understand that irrational thoughts can prevent us from overcoming a failure. Whereas a rational thought can help us to find a solution to any hurdles.

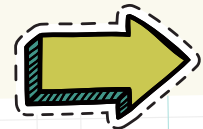
What are rational and irrational thoughts?

RATIONAL THOUGHTS

'The ability to consider the relevant aspects of a situation and be able to access, organise and analyse relevant information in order to arrive at a suitable solution.'

IRRATIONAL THOUGHTS

'Irrational thoughts are when you see only the worst possible outcome in a situation.'



- For this task, I would like you to think about any failures in your own life that you may have come across and identify the rational and irrational thoughts in each situation.
- I have completed the first boxes to give an example. Fill in your ideas below.

IRRATIONAL THOUGHT

Relating back to the story of my AS levels: 'I will never get into any university – ever'.

1

2

3

RATIONAL THOUGHT

'I may not be able to go to university next year, so I need to have a plan B'.

1

2

3

Sources: <http://www.ascd.org/publications/books/101017/chapters/Rational-Thinking-as-a-Process.aspx#:~:text=Rational%20thinking%20is%20the%20ability,arrive%20at%20a%20sound%20conclusion.> <https://psychcentral.com/lib/identifying-irrational-thoughts#1>

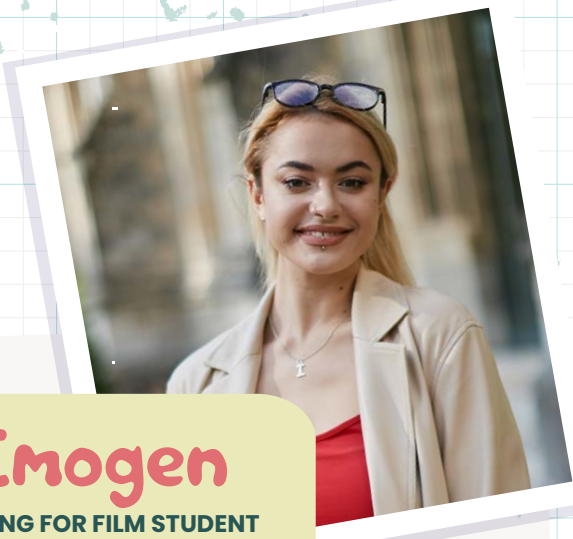
ACCEPTING FAILURE

Failure. Such a daunting word, let alone possibility. In any aspect of life, failing is scary. Failing a test, an exam, not getting that job or that audition – it always seems like the worst possible thing in the world. Yet, every time any of us have failed before, we've got through it and come out the other side. So why does the thought of failing still stop us from taking so many opportunities?

Personally, my relationship with failure is definitely a tough one. I've failed exams, classes, driving tests and so much more throughout my life so far. And every time it's really shot me and my confidence down.

One of the biggest times was when I auditioned for drama school. This audition, I was terrified for. It was such a big step for me, and I really classed it as a big thing in my life at the time. When I didn't get a place – I was gutted! My mind spiraled and I started putting myself down for it. I was telling myself I wasn't good enough, or pretty enough, or worthy enough and that was the reason I had failed to get a place in that school.

However, two years on from that little failure, I am so grateful that I *didn't* get that audition. Because I didn't get into that school, I was able to be where I am today: In my second year of my dream university course, where I've experienced so much, been opened up to so



Imogen

ACTING FOR FILM STUDENT
UNIVERSITY OF CHICHESTER

many opportunities and met the best people. I honestly wouldn't change it for that world.

This is why failing at something shouldn't throw you off course. I believe that **everything in life, happens for a reason**. Failing at one thing, may open up a door for another. Not getting that job, may mean you go for a different job – that ends up being 10x better than the original one!

Sometimes you have to go through these little fails, to succeed somewhere else. And sometimes you need to fail to pick yourself up again and go for it even harder. Sometimes there's nothing better for proving yourself (and other people) wrong. If you fail at something, show everyone that that won't stop you! Go for it again and give it all you've got. What else have you got to lose?

The funny thing about failing is that the idea is usually scarier than actually failing itself. Isn't that crazy? How many times have you stopped yourself doing something because of the fear that you might fail at it? I know I have – endless amounts of times. I haven't gone for jobs I wanted or auditioned for some of my dream roles. Even stopping myself going to social events that I know I would love – because I was scared that it would go wrong. Isn't that so silly? Because realistically, what's the worst that could happen? **You take one of life's little failures, and you try again.**

'Everything happens for a reason' exercise

The exercise below is for you to appreciate that everything that has happened in your life, has led you up to this exact moment. Every failure you've experienced, you have overcome. Failure shouldn't be scary or daunting, and it definitely shouldn't stop you from taking opportunities. It should motivate you to go for it, and if that doesn't work out as planned - believe that everything will work itself out.

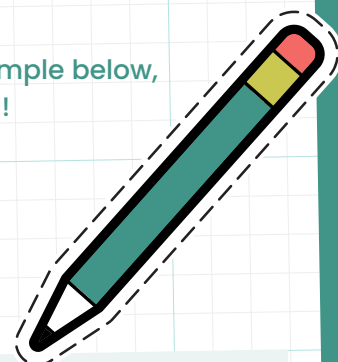


For this task:

A pen or pencil
15 mins +

- ★ I'd love you to have a think about any time in your life you believe you have 'failed'.
- ★ This can be anything! But maybe think about a 'fail' from the past that you can consider with a bit of distance.
- ★ I'd like you to write this down in the box below.

- ★ Follow it with how you overcame this fail and how it's got you to where you are today.
- ★ I've written my example below, so you get the idea!



Imogen's example

My 'failure':

Not getting into drama school.

How this made me feel at the time:

Disheartened, unworthy, not good enough.

What opportunities my 'failure' opened for me:

Let me go to university and be accepted to my dream course.

How I now feel about that 'failure':

Happy, grateful.

My 'failure':

How this made me feel at the time:

What opportunities my 'failure' opened for me:

How I now feel about that 'failure':

BEST FRIENDS WITH FAILURE

Failure is inevitable in life. It feels impossible to accept it. It might weigh on your shoulders for a while. But it's important to deal with it in the best way you can.

To this day, I still face failure. But I accept it as it's the only way I can learn on how to improve for next time or for the future. It may be one of the hardest things you could do but it will benefit you in the long run. Let's look back into my past, when I really struggled with failure and couldn't come to terms with it.

I had always been an academic kid, it seemed I had no problems with studying or sitting exams or getting outstanding grades. It was weird, though, since my family weren't necessarily the best at school – particularly my brothers. I felt it was my job to prove to my mum that I was capable of anything, giving her a real sense of pride. Being 14/15 and having all of that on my shoulders really felt like I was being suffocated and had no choice but to be amazing at everything I did.

When I would fail any task, however big or small, those few years ago, I was really hard on myself. I'd actually get to the point of feeling worthless and stupid. It would be incredibly hard to get out of that mindset and be able to flip the result around. I became quite toxic towards myself because I didn't have the chance to process it – I focused so much on the negativity that surrounds the word 'failure' that I didn't get to see the true beauty behind it.

A portrait of Ally, a young person with short dark hair, wearing a black jacket and a backpack, smiling slightly. The photo is tilted and has a white border.

Ally

**MUSIC PERFORMANCE STUDENT
GREATER BRIGHTON
METROPOLITAN COLLEGE**

That last sentence may sound weird. But listen to what makes me believe in it today.

Something that happened during my time as a young teenager was that I got involved in a lot of different charity work. So much so that I decided to apply for a scholarship with a charity that would take me to India for a few weeks to work on a project. Now, this is an opportunity that you would never want to miss, and that's the same as what the other thousands of applicants thought. It was so tough to win a place on the trip.

Since I was only 13 when I first applied, I got quite upset that I didn't win a place and thought about how rubbish I was and that I hadn't done enough to deserve something as good as that. Despite these harsh thoughts about myself, I actually ended up trying again the next year. And the next, and the next... You get the drift. I failed each year. So, why didn't I give up?

I started to grow a resilience within me and I didn't like feeling as if I couldn't achieve something. I had a burning desire to make my mum the proudest on earth, and I knew that by getting this scholarship, I would succeed in that. So I never gave up trying. I applied each year running for around 5 years – even when I thought I wasn't going to bother, there was a passion deep inside of me that pushed me to apply at the last possible minute.

That was until one year when I was going through all of my GCSEs and feeling the pressure from my family to do well. It was sort of my escape to focus on this application. I didn't want to read any more poems or research about the Cold War! I wanted to go to India.

Through that resilience and determination, I let my passion take over and I ended up creating a touching and beautiful application that, believe it or not, WON me a place on the scholarship! That's right! I was going to India the summer that I was finishing my GCSE's and

leaving secondary school. Right at the time that I thought I couldn't handle anything more and I was pushing myself to the limit, I found success.

That moment was when I realised almost anything is achievable if you really put your mind to it. I accepted that failure is supposed to happen in order to make you stronger. The most important thing to remember is you will never fail anybody but yourself, and even if you've failed yourself, it's just a sign for you to push through. No matter what pressure you have on you, success is just an arms-length away waiting for you to grab it. *You can do anything you put your mind to.*

THEN AND NOW MIND MAP EXERCISE

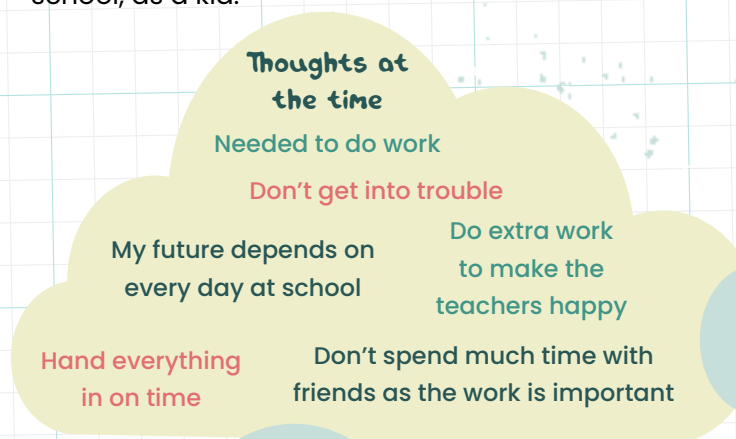
- Think of something that has gone wrong in the past: it could be an exam, a job, a friendship – anything you might consider a 'failure'.
- *Consider:* How did you overcome that?
- Mind map your thoughts at the time and compare it to a mindmap of how you feel about that situation today.

For this task:

A pen or pencil
15 mins +

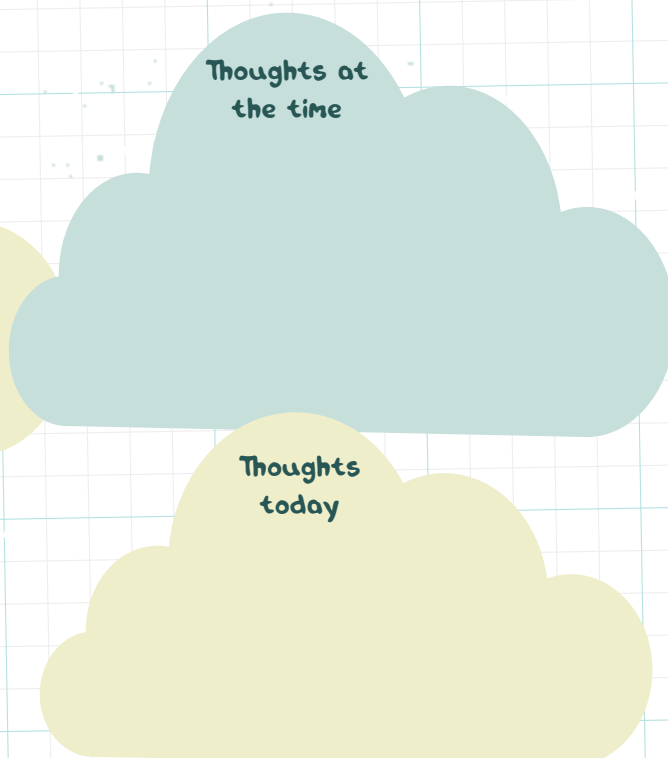
My turn:

Biggest failure would be not having fun in school, as a kid.



Your turn:

.....



THE UNEXPECTED KEY TO SUCCESS

Failure is something I have always been afraid of. Failing in class, in exams. I hated getting bad grades. Now I worry about it at work and most importantly in life itself. I'm worried about failing my family and my friends.

This is a feeling I think many of us feel at some point in our lives. It's only recently that I have started to realise that it is in failure that we really get to see ourselves for what and who we are. Failure is actually our friend - some tough love. It tells us who we are, where we are and what it is we need to do to do and be better. It's not something to be feared.

I've been practicing Kendo (Japanese martial art) since I was 15. But I am yet to meet the one kendoka (practitioner of Kendo) that I truly admire. Not just for his Kendo ability, but most of all, his determination when facing defeat and failure. His name is Noaki Eiga.

After working incredibly hard to prove himself to be a part of the Japanese team at the world championships in 1997, he was sidelined after only one bout. He was humiliated and eventually his failure became too much. He said after he returned to the hotel he sat with his family and cried.

In the 1999 All Japan Championship Eiga tried to prove his worth again. This time he got to the final against the six-year reigning champion. They both hit each other at what seemed to be the same time. But the champion was awarded the point. Eiga was confused. Why did he not win? Again he was defeated.



Nick

COMMUNICATION DESIGN STUDENT
GREATER BRIGHTON
METROPOLITAN COLLEGE

This, however, is where my admiration for this man started. Instead of taking the easy route of giving up, he reflected and accepted his defeat. He gave up any sense of pride and ego and went right back to the basics - the things beginners do. He would wake up early every morning and would clean the floor of the entire training hall for thirty minutes - on his own. He would do it in the traditional method of pushing a wet cloth up and down the floor with his hands. Trust me when I say this is incredibly tiring! He worked through every mental barrier put there by his failures. He needed to stop focusing on winning and re-think his approach.

When I am faced with the same situation, I follow his example. Back to basics. Nothing fancy. Build on my foundations. Check for mistakes - from being lazy or over-confident and build up stronger than before.

We can all learn from Eiga Sensei. I urge us to never give up, or be put off by failure, if it is something we truly want or believe in. If it feels like we can't get anywhere - stop, go back to basics. Drop any ego, and don't be afraid to make mistakes. It's our mistakes and failures that we truly learn from and that make us stronger! Never be afraid to fail!

Documentary link: <https://www.youtube.com/watch?v=ir2B5SApl3k>

Back to Basics exercise

Use the boxes below to consider an experience of failure you have had and think about how you can overcome it next time. I've put an example below to help you.

For this task:

A pen or pencil
15 mins +

Tip

Be analytical and honest but don't use this as an excuse to beat yourself up about things. This is about finding ways forward.

This bit is important. We can learn from this. Maybe it was out of your control so you need to let go of that feeling of failure and focus on what you can do to differently next time. Or maybe if you had had more information or worked in a different way, it would have worked out. Try and be analytical rather than self-judgmental.

Here's my example based on the story below:

I failed my first chance at a teacher's qualification because I seriously injured my knee and was unable to train adequately. After considering the what had gone wrong, I studied the techniques in my own time and forgot my ego. I asked for help and allowed myself to make mistakes with my Japanese in front of students so that I could be corrected allowing my level to increase. I now know the importance of self-management, healthy diet, adequate sleep and injury management.

SOMETHING YOU'VE FAILED AT

Failed - Aikido Teaching Exam

WHY DO YOU THINK YOU FAILED?

Lack of understanding of higher techniques.
Poor Japanese ability

WHAT OBSTACLES WERE IN YOUR WAY?

Confidence. Needed to ask for help.
Injury and so unable to train adequate hours.

WHAT DO YOU NEED TO DO DIFFERENTLY NEXT TIME?

Rest injuries. More sleep / better diet. Ask more questions.
Write more notes

YOUR TURN:

This is going back to basics. Take a negative experience and turn it into a positive outcome - hopefully preventing you from making the same mistakes again.



SOMETHING YOU'VE FAILED AT

WHY DO YOU THINK YOU FAILED?

Be specific, and analytical. This is not an excuse to beat yourself up about it!

WHAT OBSTACLES WERE IN YOUR WAY?

Again - be specific. You may have good reasons, but it's good to recognise what held you back.

WHAT DO YOU NEED TO DO DIFFERENTLY NEXT TIME?

SUPERLOLA

Failure can be scary – period. I feel like we all want to be the best at whatever we set out to do. And if you're not the best, then why bother in the first place? Thoughts like this would run through my mind on a daily basis, and it wasn't until my late teens where I had to learn the hard way: that if you change your narrative about failure, it can actually work in your favour.



Lola

**MEDIA PRODUCTION STUDENT
UNIVERSITY OF SUSSEX**

My relationship with failure has changed A LOT. Over recent years, something I'm still working on now is dealing with how I process disappointment. When I was younger, I feared disappointing myself and other people.

Needless to say, I never even got to the stage of trying out what I was scared to do, because I didn't want to disappoint myself and others. The idea of being bad at something led me to miss multiple opportunities which would have pushed me to break free from my comfort zone.

FAILURE CAN OCCUR IN MANY FORMS:

- 'A reluctance to try new things or get involved in challenging projects.'
- Self-sabotage – for example, procrastination, excessive anxiety, or a failure to follow through with goals.
- 'Low self-esteem or self-confidence – commonly using negative statements such as 'I'll never be good enough to get that promotion' or 'I'm not smart enough to get on that team'.'
- 'Perfectionism – A willingness to try only those things that you know you'll finish perfectly and successfully.'

There are a few things I wish I would have known when I was younger that would have encouraged me to tackle the things which deep down scared me.

One of the greatest strengths a person can have is being comfortable with the concept of being uncomfortable. Going out of your comfort zone and tackling any fear is like stretching and working out a muscle. The more you do it, the stronger and easier it'll become.

Source: Mindtools.com

In one of my favourite books 'Think like a Monk', by Jay Shetty, he refers to looking at situations with a neutral perspective:

'Good thing, bad thing, who knows?'

Every time I try something new, and it doesn't work out like I planned, I ask myself, 'What is this trying to teach me?' and in all cases I label the memory as 'Good thing, bad thing, who knows?' Because we don't know whether performing the best in one scenario may actually have been the best thing when put in a different scenario.

'I could have been this... if I had only done this' ...

By giving something a 'go' you're already getting rid of any regret you might have that would have occurred if you hadn't tried. I see every new day as a chance to try out being a better version of myself. The task below is designed to show you how to visualise your highest self and then show up as them.

For this task:

A pen or pencil
10mins +

Who do you want to show up as?

- Write down a list of ten qualities you would like to demonstrate if you were faced with a difficult situation.
- Try to be as detailed as possible: how would SUPER YOU act in a challenging situation?
- For example, when put in a fearful situation I ask myself 'What would Super Lola do?'



She'd tackle things head on



Be bold



Be daring

Then on a daily basis when put in a stressful situation, I make too sure to ask myself what would Super Lola do? And act accordingly.

Your list – ten qualities of SUPER YOU

1		6	
2		7	
3		8	
4		9	
5		10	

IT'S TIME TO FOCUS ON SUCCESS:

How failure is relative to making success a reality

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

Failure has haunted my success since I can remember. I've never wanted to succeed MORE than not wanting to fail. It's pushed me to heights I never thought possible, but just how useful is it to run from failure: when failure is a fear and not a rational motivator? Let's get personal.

I've always had high academic success: I was the first 'free reader' in my class aged 5, I was voted 'Genius of the Year group' at my Year 11 leavers celebrations. Lovely gestures to reward my discipline and effort! But as the labels racked up, these symbols of success began to tread on how others saw me. I took these reflections to heart and harboured them as pressures upon my performance. I no longer strove for the high grades to be the best I could be, but to jump hoops and—phew!—another test I *hadn't* failed.

There it was again, that looming fear that failure would jump out soon and steal away my sigh of relief.

Results day for my mocks: I ended up running to my Maths teacher, "I got an A!" Her reply was a warm one, but she asked, "Why is that the grade, amongst all the other 'A's', that you're screaming about, when you don't want to go onto study Maths?"



Emily

ENGLISH STUDENT
UNIVERSITY OF SUSSEX

And I realised that my sense of success was a pride in the effort it had taken for me. Maths was not a fun time for me. I'd cry in frustration on a weekly basis. This Maths grade was not my highest, but it was my most fiercely earned, and that's what gave it a taste of success unlike any of the 'thank goodness I didn't fail' moments.

This feeling was revolutionary and changed my outlook on what failure, and success, truly mean. It's about doing my best and I focus on what I would like to achieve, and the expectations, achievements, and failures of others are blurred into the background. Success, and failure, are personal and very relative. What might be your success could be someone else's failure.

External pressure will always be there. They can be a useful motivators to stay on task and drive towards your goals. Those same teachers who labelled me a 'golden girl' are the same ones who would cuddle me when I was struggling to face the day. But we need to think about what pressures are useful and which are too intense: to consider which can be used to our advantage when we need a kick up the bum, and which need to be blurred into the side lines.

SUCCESSSES AND FAILURES TASK

For this task:

A pen or pencil
25 mins +

Identify 3 'Successes' you've had this week.

- They can be big or small, but personal to you.
- Think about these moments and what made them a success?
- How did it make you feel?

SUCCESS 1:

SUCCESS 2:

SUCCESS 3:

Here's my examples to give you some ideas:

SUCCESS 1:

As part of my new job I took a group of toddlers to the woods this week and found myself smiling throughout. I realised I found something I loved and felt proud that I was put in that privileged position of trust.

SUCCESS 2:

I made a really good mug cake! I'm usually rubbish at them but it felt like, though not a huge part of my life, it was just a really nice jigsaw puzzle piece to sum up a good day.

SUCCESS 3:

I got a 75 on my dissertation poster – something that was a success but also gave me a huge confidence to motivate myself on towards the actual thing. It made me feel like things were finally paying off and hard work will eventually lead to success, even when it feels pointless.

Now Identify 3 'Failures' you've had this week.

- Again, they can be just as big or just as small, but still as personal.
- What, to you, made these failures, and why?

FAILURE 1:

FAILURE 2:

FAILURE 3:

Here's my examples to give you some ideas:

FAILURE 1:

I suffer from anxiety and got very worked up about how my housemates would behave when we had an estate agent visit. I ended up being calmed down by my mum over the phone and that felt like a bit of a failure because I work hard to try to keep these episodes of panic down. When it arises over something small, it feels like a lot of energy wasted on nothing.

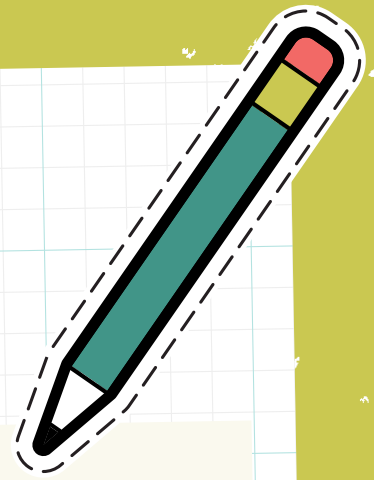
FAILURE 2:

I made a bed up for a child at naptime who wasn't napping. This wasn't an issue but was a frustrating sense of failure to me as I'm trying to work really hard at this new setting to get to know the children and their routines more. It just highlighted to me that I was the newest girl and was still working things out.

FAILURE 3:

I replied to a scam email about a low-price rental for next year with a friend and now keep getting really annoying emails through as spam. This felt like a failure because I felt really naïve suddenly and, whilst I was 50% on the wishful thinking and 50% suspicious, I should have taken more notice and paid more critical attention.

- If you feel comfortable, share one of these failures with a friend, and note their response. Ask how they view the failure, and what they would do in that position?
- Is your friend's perspective on this 'failure' the same as yours?
- What would it take to transform one of those 'failures' into a 'success'?



YOU CAN WRITE DOWN YOUR FRIEND'S RESPONSES AND ANY OF YOUR THOUGHTS ON THE DISCUSSION HERE IF IT'S HELPFUL:

HERE'S WHAT HAPPENED WHEN I SHARED MY 'FAILURES' WITH OTHERS TO GET THEIR PERSPECTIVE:

I told my sister about the panicking – she completely understood my frustration and her most critical comment was "I'd have done a lot worse than just get a bit angry behind closed doors". Her perspective on the situation not only took into account my feeling of frustration at managing my emotions, hence where I felt I had failed, but compensated it by providing an alternative of her own actions that would have been more volatile, in turn complimenting my patience and rewarding it as a success that I didn't lash out instead.

In this respect, my sister did not acknowledge my anxiety as a failure but a very real experience for me, especially given the long-standing nature of what was causing the anxiety in this case. To her, failure would link to an immoral sense of duty or lack of compassion/care for the situation. She said that my anxiety showed I cared and that didn't mean I was a failure but just needed to recognise that there is only so much I can do!

SIGNPOSTING

Some recommendations of further information from the team.

Articles

Tips for dealing with failure:

<https://www.theguardian.com/childrens-books-site/2016/jul/05/tips-for-dealing-with-failure-siobhan-curham>

Feelings of failure/self-esteem:

<https://youngminds.org.uk/blog/the-simple-tip-that-boosted-my-self-confidence/>

Failing an exam:

<https://www.activeminds.org/blog/5-ways-to-bounce-back-from-failing-an-exam/>

Letter to self – night before exams:

<https://youngminds.org.uk/blog/a-letter-to-my-younger-self-the-night-before-results-day/>

Surviving exam failure:

<https://www.bbc.co.uk/sounds/play/p08lqp70>

Websites/Dedicated pages

How do you cope with failure:

<https://www.bbc.co.uk/bitesize/articles/zfxs8xs>

Reframing failure:

<https://www.bbc.co.uk/bitesize/articles/zdbq8xs>

Videos

How I cope with failure:

<https://www.youtube.com/watch?v=le2LRZDS9o8>

How to learn from failure:

https://www.youtube.com/watch?v=MQx39z99_Js

Failure can be a good a good thing:

<https://www.youtube.com/watch?v=kEQNA13yVIM>

Yes Theory:

<https://www.youtube.com/c/YesTheory/videos>

Places to get help

Young Minds:

<https://youngminds.org.uk/contact-us/>

Stem 4:

<https://stem4.org.uk>

Calm:

www.thecalmzone.net

NHS:

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs-children-information/>

THE TEAM BEHIND THIS BOOKLET STUDIED AT THE FOLLOWING INSTITUTIONS:

Greater Brighton Metropolitan College | www.gbmc.ac.uk

University of Chichester | www.chi.ac.uk

University of Sussex | www.sussex.ac.uk

This resource was created in 2021.

For more information about the Role Models projects including links to our Role Models films and other topic booklets visit

<https://www.sussexlearningnetwork.org.uk/lisetoolkits/Role-Models-Resource-Books>

Thanks for supporting the Role Models Project.