



FALLING) FORWARDS



IN THIS ACTIVITY WE USE THE METAPHOR TO REPRESENT THE IMPORTANCE OF FAILURE...



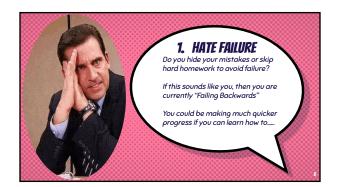
FAILING FORWARDS ACCELERATES YOUR PROGRESS, WHEREAS FAILING BACKWARDS, HALTS PROGRESS, TAKING YOU IN THE OPPOSITE DIRECTION.



THIS ACTIVITY AIMS TO HELP YOU TO REFRAME YOUR FAILURES AND MISTAKES, SO THAT YOU CAN "FAIL FORWARDS" AND ACCELERATE YOUR PROGRESS TOWARDS SUCCESS.

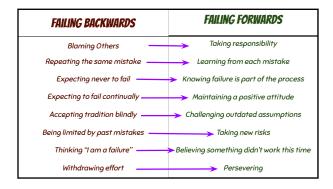












THE FOLLOWING IS A STATEMENT FROM AN A LEVEL SPORT STUDENT, WHOM WE INTERVIEWED AFTER HER YR 13 MOCK EXAMS, AND ASKED HER TO DESCRIBE A RECENT FAILURE.

DO YOU THINK SHE IS FAILING BACKWARDS OR FORWARDS?

Had a complete mental block in Paper 2 of the PE theory exam. I forgot all my Biomechanics work and then, like always I ran out of time in the Physiology section. There's no point to Biomechanics, I hate it. My trouble is I'm rubbish at Maths, so I won't get a good grade in this part of the exam anyway.

Totally messed up my predicted grade now (an E) so definitely won't get into Leeds Uni to do Sports Science, I'll have to go through clearing. Not sure if Uni is for me anymore anyway.

DID YOU PICK UP ANY OF THE TYPICAL "FAILING BACKWARDS" STATEMENTS, I.E.
BLAMING OTHERS, REPEATING THE SAME MISTAKE, THINKING

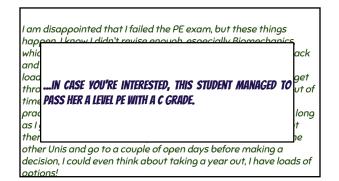
BLAMING OTHERS, REPEATING THE SAME MISTAKE, THINKING "I'M A FAILURE", ETC

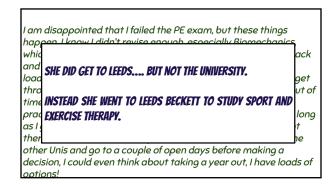
DO YOU HAVE ANY SUGGESTIONS FOR THIS STUDENT TO "RE-FRAME" HER FAILURE?

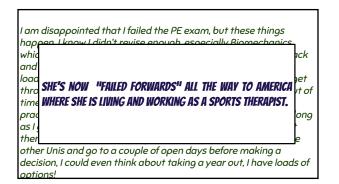
I am disappointed that I failed the PE exam, but these things happ I know I didn't rovisa anguah asaacially Rig whic ack and loads HERE IS A STATEMENT THAT WE HELPED HER PUT TOGETHER throu time FOLLOWING HER DISAPPOINTING MOCK EXAM.... prac long as I q there other Unis and go to a couple of open days before making a decision, I could even think about taking a year out, I have loads of

I am disappointed that I failed the PE exam, but these things happen. I know I didn't revise enough, especially Biomechanics, which I have always struggled with. I need to look at the feedback and really focus on this now. If I speak to my tutor and go over loads of past questions, I will be able to pass that section, and get through it quicker. I am strong on Physiology but always run out of time so need to do some questions under exam conditions to practice. Not overly concerned about the predicted grade, as long as I get a B I should still get enough UCAS points for Leeds. If not there are loads of different options for me, I should look at some other Unis and go to a couple of open days before making a decision, I could even think about taking a year out, I have loads of options!

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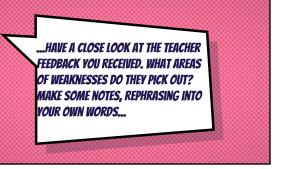






USING A TABLE, LIKE THE ONE ON THE NEXT SLIDE, THINK OF A RECENT FAILURE, E.G. RECENT TEST, ESSAY OR HOMEWORK.

DESCRIBE IT IN A PARAGRAPH...





REMEMBER:
ADAPT YOUR THINKING USING THE
POSITIVE "FAILING FORWARDS"
STATEMENTS, WHILE AVOIDING ALL THE
FAILING BACKWARDS STATEMENTS.

## A RECENT FAILURE: FEEDBACK RECEIVED: NEXT TIME I NEED TO...

## FINAL THOUGHTS

- Do any of the "Failing Backwards" comments particularly resonate with you?
- × Are any of them things you say or do regularly?
- If you had to pick one that you need to stop doing most which would it be? (Your teacher might share one of theirs...)
- Think carefully what you might be able to say or do instead?
- Write down your ideas, or put them in the notes on your chone