

Learning Tip:

How to Be Self-Sufficient

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How to Be Self-Sufficient

- ▶ Being able to seek help is important — but so is developing habits that allow you to solve problems independently.
- ▶ Being self-sufficient both requires the right mindset and some skills — let's explore them in detail.

How to Be Self-Sufficient

- 1. Hold Yourself to High Standards:** Insist on quality in every task you undertake. Set ambitious yet realistic goals and create personal accountability mechanisms.
- 2. Adopt a Growth Mindset:** Believe in your capacity to learn and improve through effort.
- 3. Reframe Failure as Data:** Turn setbacks into learning opportunities — reflect, adjust, and try again.
- 4. Develop Foundational Skills:** Revisit our numerous learning tips and try one small change at a time.