

Learning how to learn

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Learning through your failures!

In life, the path to success inevitably travels through certain failures and we often acquire more learning from our failures than from our successes. Some people lose great opportunities to advance due to fear of failure- not daring to take some adventures!

We need to experience difficulties in order to better learn. It is said that, an education system that tries to make everything easy and pleasurable will prevent much important learning from happening. Therefore, failure could represent an essential stepping stone to success only if we consciously choose to learn through analyzing lessons and using them for future path.

In order to learn from your failures, you should consider the following five steps:

- Be ready to accept some forms of failures along your way to realize your bigger goals (do not give up!)
- Treat failure as an opportunity to recognize a potential crisis or to prevent a similar crisis in the future
- Always try to learn from the failures that happen around you (e.g. learn from failures of your colleagues). This is called vicarious learning.
- Preserve your record of failures in your memory, assimilate these together and get lessons for your future work
- Be ready to unlearn outdated and ineffective procedures as proved by your record of failures.

Personally, I made use of those strategies and found them to be working. Still I remember my early student life when I used to say, after tasting the bitterness of failure, that " failure is the first step towards success".

Sources

1. Learning through failures, by Ruth Barrons Roosevelt. Available from: <http://www.ruthroosevelt.com/failure.htm> [Accessed 26 June 2009]
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