

Myth busting: Academic resilience

Myth #1: Making mistakes means that I'm not capable and won't be able to succeed academically

Truth: Mistakes are actually essential for our learning and growth. They are a normal part of the student experience and a part of life generally.

Myth #2: Resilient people only work independently and rarely need support from others

Truth: The most resilient people are those that seek support. Asking for help means you're more able to tackle problems. Try talking to your personal tutor, or check out [My Learning Essentials](#) to get support for your studies.

Myth #3: People who are academically resilient find it easy to complete large academic tasks

Truth: To deal with large tasks, people who are academically resilient usually break down large tasks into small manageable goals. This makes it easier to complete the whole project. If you need help doing this, try using [this document](#). Also remember to reward yourself for reaching these smaller goals!

Myth #4: Resilient people don't rely on support from friends or coursemates

Truth: To be able to deal with academic problems, it's really important to have a strong support network made up of your friends, family and coursemates. Your coursemates are especially important for developing academic resilience. They will understand better than anyone how you are feeling and they should be able to help you whilst studying.

Myth #5: Getting a disappointing grade is a sign that I'm not intelligent enough to succeed

Truth: Not getting the results you hoped for is a normal part of being a student. We can improve our academic resilience by seeing these events as opportunities for learning and improvement. Make sure you write down all the feedback you get so you know where to improve.

Myth #6: Feeling out of my comfort zone is a sign that I don't belong in my area of study

Truth: Doing things outside of our comfort zone is crucial for learning and personal development. It gives us the chance to expand our knowledge and try new things.