**Weekly Tip – Perseverance**

**Whenever we are faced with an unfamiliar situation…a challenge that we have not yet mastered or a task we have to accomplish but haven’t even figured out how to take the first step…we can sometimes have the urge to give up.**

**This new situation of distance learning might produce that urge for some students and even for some parents and teachers. These are the times when we need to dig deep and find our perseverance.**

**Perseverance is sticking to a task that needs to be done – even if we want to quit. It’s putting forth effort to always do the best that you can…and trying to get a little better at it each time you attempt it.**

**Nobody is expecting perfection out of this new style of learning. We all are feeling a bit uneasy, uncomfortable, unsure. Along with those feelings, let’s try to bring out some of the positive words that can oppose those feelings – words like grit, yet (which instills hope), effort, determination and courage. These words bring about perseverance, which in turn brings about accomplishment, growth, resilience and belief in self – all which lead to inner-happiness.**

**How can you improve your perseverance skills? Below are some tips:**

1. **Have a clear plan.** Decide if you want tostart with the things you understand or do well to gain confidence, OR if you want to start out with the more challenging tasks while you have the motivation and energy.
2. **Do not be afraid to fail.** Try to view failure as growth rather than a set-back. You learn so much from failure and changing your attitude about it, can have tremendous impact on your life.
3. **Have a growth mindset –** Aim to make at least a 1% improvement each day…if you grow more than that – you can celebrate – but 1% should seems manageable to everyone!
4. **Understand your barriers –** If you can figure out what is holding you back, you can create a plan to get over those hurdles.
5. **Exercise –** physical health almost always leads to mental health – which allows for greater perseverance
6. **Know your support system –** Use your family, friends & teachers to give you help and encouragement.
7. **Provide yourself with rewards for trying.** Rewards can be as simple as a break after working on something new for 20 minutes. The idea is to give you motivation to keep going.
8. **Remember your why.** What is the big picture reason as to why this is important? Reflecting can make you realize why the journey is worth your effort and time!