

'Bouncebackability' at BA



What is 'bouncebackability'?

It is something you have to work on, develop, practise, exercise and sharpen.

It is often called 'resilience' or 'grit'.

If you work on this, everything else falls into place!



or simply

'thatwasn'tveryniceorverygoodbutI'mnotgoingtogiveupI'mgoingtotryagain'



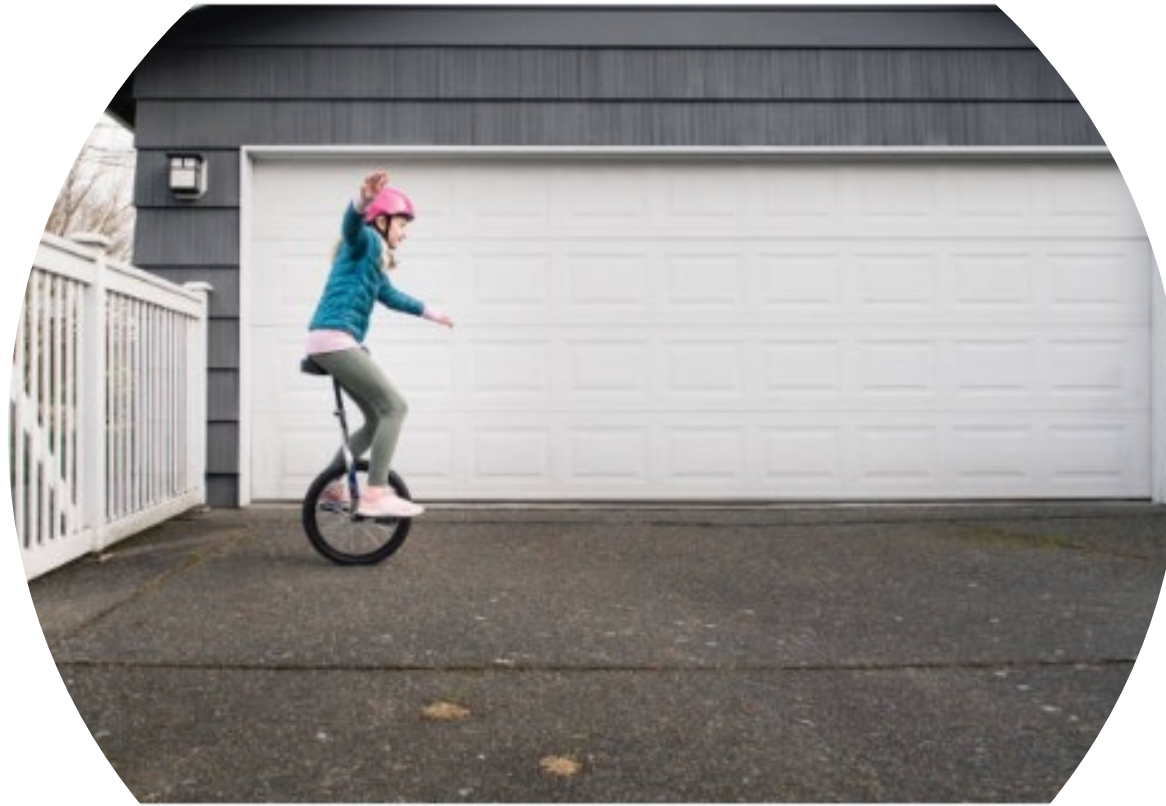
Let's understand your expectations vs reality

Nothing comes easy. You will make mistakes along the way.

Make sure you have clear expectations about what can happen in reality.

Expectations:

I'm never going to fall off!
This is so easy!



Reality:

I fell off straight
away and barely
stayed on the bike
for more than a
few seconds!



How do you handle bouncing back?

Answer the following questions/finish the sentences:

- 1) I have shown 'grit' when...
- 2) I need to show more determination when...
- 3) How do you handle making a mistake? What is your reaction?
- 4) Think of a time when you made a mistake, were you kind to yourself?



When things go wrong...

The easy thing to do would be to say everyone else is wrong, insist you're right, refuse to take any feedback from anyone and keep doing what you're doing. The tough thing to do – and the whole point of bouncebackability – is to accept
“I wasn't very good”.



At secondary school, you will make mistakes because that is how you learn and because you are just getting the hang of things.

1. You might handle a disagreement badly.
2. You might get offended more than you should.
3. You may fall out with people occasionally.
4. You might not score 100% on a test.
5. You might forget to hand your homework in on time.
6. You might not bring the right equipment.



Effort and enthusiasm are super important

In life we **MUST** try.

Teachers won't mind if you get things wrong, but they will mind if you don't put effort in to try in the first place.



Whatever you do, don't give up.

The best thing you can do is talk. Talk about life, things and anything you don't understand.

There will be:

- tasks you find hard
- homework you can't do
- a grade you think you don't deserve



Decide who you want to be.

Develop yourself as a person.

Don't be put off by things.

Achieve your goals.

