

Overcoming The Fear Of Failure As A University Student

Perhaps you feel like that grade you got for your assignment wasn't good enough, or you turn something down because you were too afraid to try in case it goes wrong.

Whatever the reason, there is no doubt that many students experience the fear of failure during their university life.

You might feel that this is the price you pay for being ambitious, but this blog will talk about ways to overcome - what can be - a daunting experience.

So let's get started.

Write out a 'fear list'

Sometimes, keeping these thoughts and overplaying them in our minds can cause mayhem in our brains, and you lose the ability to think and analyse things rationally. Why not start to make a list of your fears? That way, you can clearly and carefully analyse what is bothering you and paint a clearer picture on how you might tackle these fears. Give it a try.

Learn, learn, and learn some more

At university, it is inevitable that you will face setbacks at some point (kudos to you if you don't). It's important to not let that particular failure discourage you. Instead, learn from past mistakes; carry this forward with you so that you understand how to improve, come back, and do it again. Remember, failure breeds success!

Redefine 'failure'

How you deal with failure, and what classes as failure, is a matter of personal perspective and attitude. Are you going to let that failure define your abilities, or are you going to push forward and try again? Only you can decide that.

Ted who?

There are some great TED talks on Youtube that explore the meaning of failure, and especially how to overcome the fear of failure. [Click here](#) to watch Caleb, someone who faced his fear of failure.

The University of Huddersfield provide amazing wellbeing support to any student or recent graduate who may be facing personal challenges. [You can access their support here.](#)