

Focus on My Effort (Secondary)

Can you remember a time when you were frustrated because you couldn't do something? Have you ever made excuses when you didn't want to try to learn something? We all have!

Believing you can do challenging things starts with ***focusing on your effort***. When you put forth effort, you exert physical and mental energy to complete a task. You consider things like:

- How much time have I spent on this?
- Am I focused when I am working, or am I distracted?
- Are there other things I could try in order to make progress?

Last year, I had a low grade in science. I thought I could get better at science by studying every night, but even after a week, I still didn't understand. After thinking about what I could do to get better, I realized that I wasn't focused when I was studying. I kept looking at my phone or thinking about what I was going to do with my friends. I wasn't putting forth much effort.

The next time you need to improve your ability to do something or want to learn something new, ***focus on your effort***. Think about what you can do to improve and how you can stay focused while you are learning.