

### **Say, “I Haven’t Learned It Yet” (Secondary)**

What is something that’s easy for you to do now but wasn’t when you first tried? Maybe it’s a video game or playing a sport. We all have things we’ve learned to do that now seem easy. We also have things that we’re just starting to learn and that seem difficult.

When you’re working on something challenging, it doesn’t mean you can’t learn to do it. It means that you have to build your self-efficacy, or confidence in yourself, so that you can keep trying until you learn it. It’s easy to get frustrated and feel like giving up. But when you remind yourself that you are still learning—by **saying, “I haven’t learned it yet”**—you understand that with effort and practice you will improve.

The next time you’re learning something new, tell yourself you haven’t learned to do it YET. What’s something you’d like to learn but haven’t? To keep building your self-efficacy, change the way you think about learning, and say to yourself, **“I haven’t learned it YET.”** Instead of saying “I’m not good at writing,” say “I haven’t mastered essay writing YET.” Instead of saying “I’ll never learn to parallel park,” say “I haven’t learned how to park next to a curb YET.”

Just because you can’t do something now doesn’t mean you can’t learn it. You ARE going to put in the effort to learn—you just haven’t learned it YET. Practice makes progress. When you are working on learning something new and it seems really hard, remind yourself that you just haven’t learned it YET!