***Try Again* (Secondary)**

When was the last time someone told you, "***Try again***"? You've probably heard that a lot, but ***trying again*** is more than doing the same thing over and over. When you ***try again***, you think about what you did well and what you could do to improve. When you are learning something difficult, it will take many attempts before you are successful. Each time you try, remember to stop and think about what you did well and what you could try next time. When you tell yourself to ***try again***, you are improving your belief in yourself.

Think back to when you learned to ride a bike. You probably couldn't do it the first time you tried, but after each fall, you thought about what helped you go further on the bike and what you could do the next time. Maybe you pedaled too slowly the first time, and when you pedaled faster, you were able to stay on the bike longer. You also learned that when you apply the brake, you need to extend your foot so you don't fall off the bike. Whether you realized it or not, you were thinking about the different actions you could try in order to stay on the bike longer.

Whenever you put forth effort and ***try again***, you are building stronger self-efficacy; you are increasing confidence in yourself. When you are learning something new or trying to get better at something, remember as you are working on it that you will need to ***try again*** and think about what you will do to improve.