

Learning from Mistakes

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Exercise 1- Listen to the podcast and fill in the blanks.

We learn a lot of new things every day. This is good, but we also make a lot of 1) _____. I'm sure no one likes making them. When a scientist makes one, they try to find the possible 2) _____. They think about how to avoid their mistakes next time. I think we should behave like a scientist.

I know mistakes give us a bad feeling and thinking about a 3) _____ feeling doesn't help anyone. One reason is that we may think we are incompetent. Incompetent means we do not have the skill to do an 4) _____. We feel that we are not good and there's something wrong with us.

If we don't learn from our mistakes, we may 5) _____ them again. This does not help us because we get upset again. So when we make a mistake, I believe we have to pay 6) _____ to it. However, if you do not feel good about yourself when you make a mistake, I have an answer to this problem.

Saadi, one of our greatest poets, has a 7) _____ about learning from other people's bad behavior. We can use it to grow. What I mean is that we can find a 8) _____ role model. We pay attention to what they do every day. When they make a mistake, we can ask ourselves, 'why did John fail?' we can then think about the mistake and find a solution. A solution is an answer to a 9) _____.

When I think about John's mistake, I don't feel bad about myself. I give myself the 10) _____ to learn from his mistakes, so I don't repeat it. In my opinion, this is a good strategy because I don't feel negative about myself. I don't feel I'm stupid or I have done a 11) _____ thing. I can learn from the mistake and become a better person.

So maybe you want to find a negative model and learn from their mistakes.

Exercise 2

Answer the following questions.

1. What do we learn every day?
2. What do scientists try to find?
3. What do we feel when we make a mistake?
4. What happens if we don't learn from our mistakes?
5. What should we find if we don't feel good about our mistakes?
6. What is a good strategy when you feel bad your mistakes?

Check your answers.

Exercise 1

We learn a lot of new things every day. This is good, but we also make a lot of **1) mistakes**. I'm sure no one likes making them. When a scientist makes one, they try to find the possible **2) reasons**. They think about how to avoid their mistakes next time. I think we should behave like a scientist.

I know mistakes give us a bad feeling and thinking about a **3) negative** feeling doesn't help anyone. One reason is that we may think we are incompetent. Incompetent means we do not have the skill to do an **4) activity**. We feel that we are not good and there's something wrong with us.

If we don't learn from our mistakes, we may **5) make** them again. This does not help us because we get upset again. So when we make a mistake, I believe we have to pay **6) attention** to it. However, if you do not feel good about yourself when you make a mistake, I have an answer to this problem.

Saadi, one of our greatest poets, has a **7) poem** about learning from other people's bad behavior. We can use it to grow. What I mean is that we can

find a **8) negative** role model. We pay attention to what they do every day. When they make a mistake, we can ask ourselves, ‘why did John fail?’ we can then think about the mistake and find a solution. A solution is an answer to a **9) problem**.

When I think about John’s mistake, I don’t feel bad about myself. I give myself the **10) chance** to learn from his mistakes, so I don’t repeat it. In my opinion, this is a good strategy because I don’t feel negative about myself. I don’t feel I’m stupid or I have done a **11) stupid** thing. I can learn from the mistake and become a better person.

So maybe you want to find a negative model and learn from their mistakes.

This is the end of the podcast. I hope you found it useful. Thank you for listening.

Exercise 2

1. a lot new things
2. a way to avoid their mistakes
3. feel upset
4. may make a mistake again
5. find a negative role model
6. our model’s mistakes