

# St. Cecilia's Public School

## FAILURE, RESILIENCE, GROWTH MINDSET IN ACADEMIC LIFE

*“Persistence and resilience only come from having been given the chance to work through difficult problems.”*

— Gever Tulley



The school organised an enriching counselling workshop on Failure, Resilience and Growth Mindset in Academic Life for Class X students on 11 December 2025, facilitated by the resource person, Mr. Lucky Pucchrat.

Mr. Pucchrat briefly outlined the objectives of the workshop, which were later expanded through meaningful explanations and relatable examples.

The resource person explained the ideas of self-love and self-hatred, stating that while self-love may feel easy, self-hatred—though difficult—often becomes a turning point for growth when understood correctly. To deepen the students' understanding, he introduced two influential books: "Mindset" and "Can't Hurt Me", which showcase an author's journey of applying growth mindset to overcome challenges and achieve goals.

Mr. Pucchrat further discussed the purpose of learning through the thought-provoking quote: "The mind is a bad owner but a very good servant." He explained that one setback should not derail a student's entire journey and that meaningful progress requires consistency and discipline, with no shortcuts.

The concept of self-love vs. self-hatred was explored deeply, normalizing moments of discomfort or self-criticism as part of personal improvement. He emphasized the philosophy of "Do it or

don't do it," illustrating how the mind becomes a powerful tool for discipline and creativity when we control it.

To conclude, the characteristics of a fixed mindset and a growth mindset were presented. A fixed mindset individual avoids challenges and dismisses feedback, whereas a growth mindset individual welcomes challenges and sees failure as a stepping stone to mastery. Real-life examples of NDA aspirants, IIT achievers, IAS officers, and other successful individuals were shared to demonstrate how resilience and strong determination shaped their journeys.

With Madam Principal's guidance and encouragement, such an insightful session could be organised in the school to motivate the students for their approaching board examination.