



How to Overcome Fear of Failure





Objectives



01

Introduction

02

**Understanding
Failure and Fear**

03

**Fear as Learning
Opportunity**

04



**Practical
Strategies**

05

**Preparing for the
future**

06



Group Activity



01

Introduction

A little about me

**Hometown: Charlotte North
Carolina, USA**



A little about me

Psychology:
Neuroscience and
Development

**University - Bachelors: University of North Carolina at
Greensboro, located in Greensboro North Carolina, USA**

Track and Cross
Country



A little about me

**University - Masters: Duke University,
located in Durham North Carolina, USA**



Duke
UNIVERSITY



Video to show my day at University



Purpose of presentation

1

Understand the **fear of failure** and its impact.

2

Learn strategies to overcome the fear of failure.

3

Embrace failure as a learning opportunity.

4

Prepare for future **challenges and opportunities.**





02

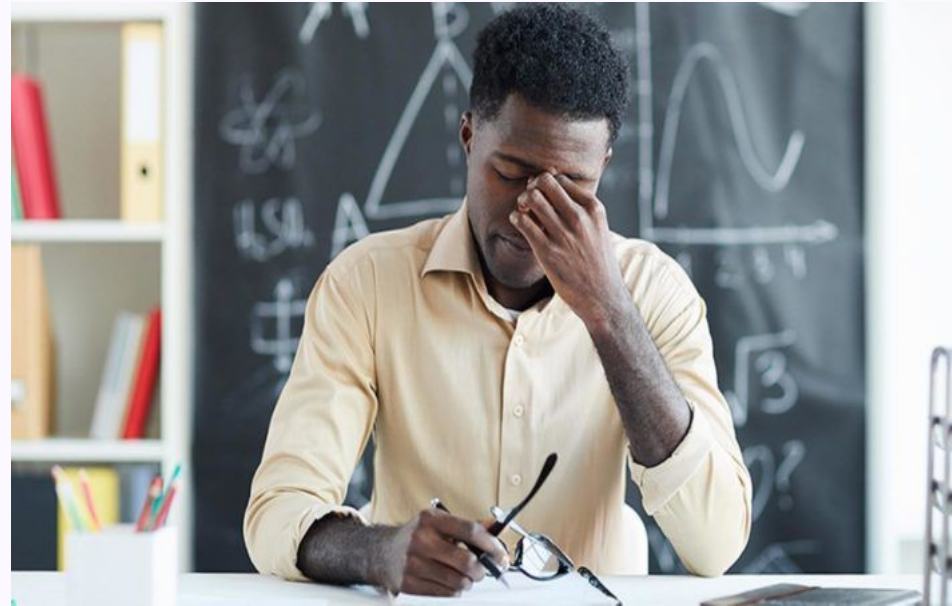
Understanding Fear and Failure

My Experience with Failure

Track:



School:



THE MAN IN THE ARENA

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

THEODORE ROOSEVELT

FEAR

Kills

MORE DREAMS THAN
FAILURE EVER

WILL

What is Failure?

1

Failure is often seen as the **opposite of success.**

2

It's a natural part of the **learning process.**

3

Everyone experiences failure at some point.



“DON'T LET THE FEAR OF FAILURE STOP YOU; THE WORLD NEEDS YOUR GREATNESS.”

— Emmanuel Apetsi

FINDMOTIVATION.ORG



Why do we fear **failure**?



1

Fear of **judgment** from others.

2

Fear of not **meeting expectations**.

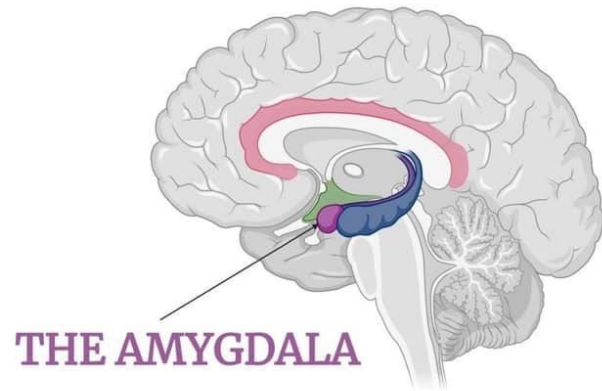
3

Fear of the **unknown**.



Some Neuroscience: The Amygdala

The Role of the Amygdala: The amygdala is a small, almond-shaped structure in the brain that plays a crucial role in processing emotions, especially fear. It acts as the brain's alarm system, detecting threats and triggering our fear response. When we perceive something as a potential danger, the amygdala is activated.



Some Neuroscience: Processing Fear

How the Brain Processes Fear: When the amygdala detects a threat, it sends signals to other parts of the brain to prepare the body for action. This process involves the hypothalamus, which activates the autonomic nervous system, and the adrenal glands, which release stress hormones like adrenaline and cortisol.

F-E-A-R has two meanings:

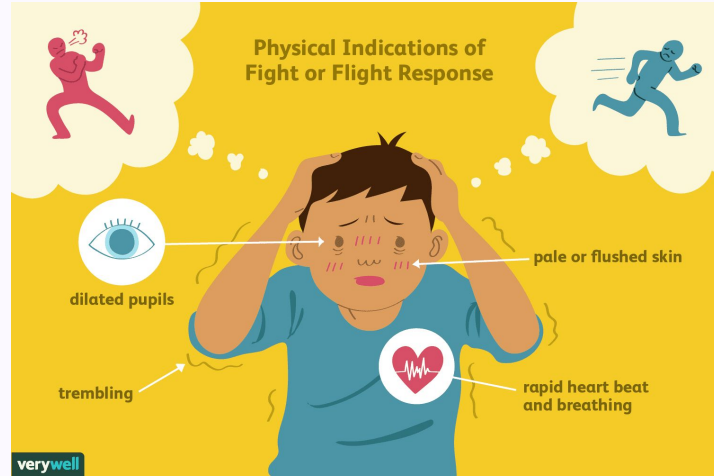
FEAR

1. Forget Everything And Run
2. Face Everything And Rise

The Choice is Yours !

Some Neuroscience: Fight or Flight

The Fight-or-Flight Response: The activation of these systems results in the 'fight-or-flight' response, a physiological reaction that prepares the body to either face the threat or escape from it. This response includes increased heart rate, rapid breathing, and heightened senses. While this response is essential for survival, it can sometimes be triggered by non-life-threatening situations, such as the fear of failure.



We learned how. So **Why?**

1

Fear of **judgment** from others.

2

Fear of not **meeting expectations.**

3

Fear of the **unknown.**





Common Fears Among **Students**

1

Choosing the **right degree**.

2

Career prospects and **job security**.

3

Peer pressure and **societal expectations**.





Cultural Perspectives on Failure

Why is it important to **consider culture when thinking of fear of failure?**





03

Fear as Learning Opportunity



Growth and fixed **mindset**

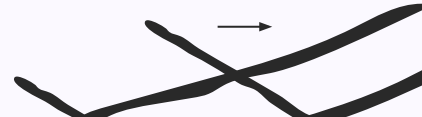
Generally we distinguish between **two types of motivation**:

Growth Mindset

1

Belief that abilities can be developed through effort and learning

For example, a baby is motivated to know and learn about the environment and does not need to be given an external reward to continue learning



Growth and fixed mindset

Generally we distinguish between **two types of motivation**:

Fixed Mindset

2

Belief that abilities are static and unchangeable

For example, a baby is motivated to know and learn about the environment and does not need to be given an external reward to continue learning

What is the optimal motivation to facilitate learning?

The ideal is to promote intrinsic motivation to a greater extent, although we can use extrinsic motivation as a support and on very specific occasions. However, *how can intrinsic motivation be fostered?*

Neuroplasticity

What is neuroplasticity: to such an extent that two students with the same cognitive capacity and the same skills, but different motivation, can have a very different performance due to the way in which motivation intervenes in this learning process

How experiences and learning reshape the brain: to such an extent that two students with the same cognitive capacity and the same skills, but different motivation, can have a very different performance due to the way in which motivation intervenes in this learning process





04

Practical Strategies



View failure as **feedback**

And most importantly: Personalize the learning process!

1

Seek **constructive criticism** from professors and peers.

2

View feedback as a tool for improvement, not as a **personal attack**.

3

Implement feedback to refine and **enhance your skills**.



Focus on the Process

1

Emphasize **learning** and **growth** over perfect outcomes.

2

Reflect on **progress** regularly. 1% Better

3

Understand that setbacks are part of the learning journey.



Set realistic goals and take small steps

1

Break down large goals into smaller, manageable tasks.

2

Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.

3

Celebrate **small** achievements along the way.



Seek support and mentorship

And most importantly: Personalize the learning process!

That is to say, make use of educational approaches that allow for maximum personalization and adaptation of challenges and learning to students' interests, for example through "discovery learning"





05

Preparing for the future



Career Planning

1

Align career choices with personal interests and strengths.

2

Use university career services and resources.



Networking

Networking plays a crucial role in professional growth and career development. Building a strong professional network can open doors to new opportunities, provide support, and offer valuable advice.

Attend industry events, seminars, and conferences to meet professionals in your field. Utilize online networking platforms to connect with industry leaders, join relevant groups, and stay informed about job openings and industry trends.



Continued Learning

Embracing lifelong learning is essential in today's fast-paced world. The skills and knowledge you acquire today might need to be updated or expanded in the future.

Enroll in online courses, attend workshops, and read industry publications to stay current with the latest trends and advancements. Platforms like Coursera, edX, and LinkedIn Learning offer a wide range of courses that can help you enhance your skills and knowledge.





06

Interactive Activity



Future Planning Workshop

Step 1: Individual Reflection (5-7 mins)

Write Down and answer the following prompts:

Career Aspirations: "What is one career you are interested in pursuing?"

Skills Development: "What is one skill you need to develop to succeed in this career?"

Networking: "What is one way you can start building your professional network?"

Learning Opportunities: "What is one course or workshop you can take to learn more about your field?"

Financial Planning: "What is one financial goal you have for the next year?"



Future Planning Workshop

Step 2: Small Group Discussion (~10 mins)

Write Down and answer the following prompts:

Why you chose your particular career aspiration?

How you plan to develop the skill you identified?

Ideas for networking and connecting with professionals?

Interesting courses or workshops you have heard about?

Tips for achieving their financial goal?



Future Planning Workshop

Step 3: Large Group Discussion (~5 mins)

Each group to share one or two key insights or ideas that came up during their discussion.





07

Conclusion and Encouragement



Recap

1

Understand the fear of failure. What Causes it and Why

2

Some practical strategies to overcome fear of failure.

3

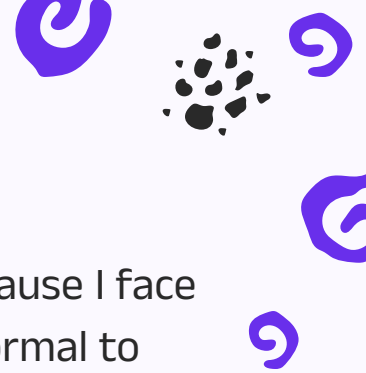
Preparing for the future.



Final Words of Encouragement

As a current student, I understand the challenges and fears you face because I face them too. Remember, you are not alone in this journey. It's completely normal to feel anxious about the future and worried about failure. The important thing is to not let these fears hold you back.

Building resilience and viewing failures as opportunities to grow are key. Don't hesitate to seek help and support from friends, family, mentors, and professors. They are there to guide you and provide the encouragement you need. Believe in yourself and your abilities. Every step you take, no matter how small, is a step towards your goals and dreams.





Thanks!

Do you have any questions?

Email: jonathankennedy607@gmail.com

Whatsapp: +1 704-956-5934

CREDITS: This presentation template was created by **Slidesgo**, and includes icons by **Flaticon**, infographics & images by **Freepik** and content by **Sabrina Medina**

Please keep this slide for attribution

