

**NATIONAL UNIVERSITY OF MODERN
LANGUAGES
ISLAMABAD**



Department: BS ENGLISH

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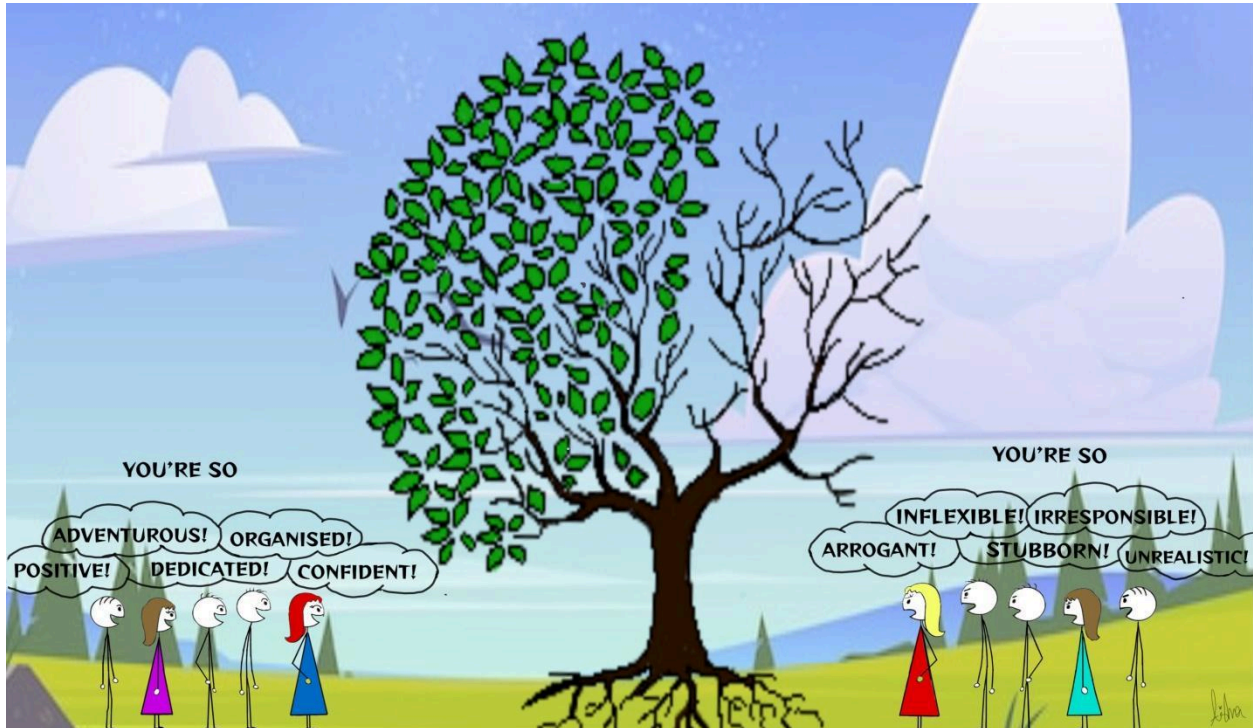
Assignment: Academic Strengths And Weaknesses

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IMPORTANCE OF A POSITIVE PERSPECTIVE AND CRITICISM

Constructive Criticism VS Destructive Criticism



Criticism is an important part of our academic life and we should learn to take it well, as there can be no growth without it. But an overabundance of criticism or destructive criticism can be more detrimental to a student. It can negatively impact their self-esteem and confidence.

I once read an article about a tribe in the Solomon Islands and their unique logging techniques. It said that when the tribesmen wanted a tree to grow faster they would shower it with compliments and kind words believing it would strengthen the spirit of the tree and make it live longer. While on the other hand if there was a tree too big to be cut down, they would yell and curse at it for hours every day and within a few weeks the tree would wither and die. They believed that the tree internalized the negative emotions in their voice, which would cause its soul to rot.

Students are very similar to trees in this aspect. They internalize what they hear and it affects their spirit, whether that affect is positive or negative depends on what is said to them. Now take the above graphic and replace the tree with two students. Student 1 has a steady support system and receives constructive

criticism from his teachers and peers while Student 2 is surrounded by people who always remind him of his shortcomings. Now, which student do you think is more likely to flourish and succeed academically?

Turn Your Weaknesses Into Strengths

While it is true that our environment has a big impact on who we are and what we become, it does not necessarily define us, only we can do that. Here are some ways to stay positive in the wake of destructive criticism;

- **Force yourself to look at the positive side:** it might take a few tries but if you keep at it, it'll eventually become a habit.
- **Positive affirmations:** write a few down and repeat them to yourself often.
- **Cutting people out:** don't be afraid to cut people who bring you down out of your life, be it friends, peers etc..
- **Replace words:** replace some negative words people throw at you with positive ones. A few examples are,

Disorganized becomes **Creative**

Stubborn becomes **Dedicated**

Impatient becomes **Passionate**

Negative becomes **Realistic**



"You will be what you think you will be. If you think yourself strong, strong you will be. If you think yourself weak, weak you will be"