

Be Bad First-E. Anderson

Reflection

I read this book before diving into the concept of Growth Mindset and understanding the power of YET. Those who have been exposed and believe in Growth Mindset understand that we can get better at anything and that our skills and abilities are not set in stone. With that being said, it is still difficult to make that jump into improving a perceived novice skill-set because of what Anderson discusses in her book.

In order to get better at something we must be willing to become novices. When I think about this in terms of teaching and pedagogy a lot of things that used to baffle me make sense. Lots of teachers would more than likely rate themselves as at least proficient teachers in many domains. Some domains they may even consider themselves masters. If this is their viewpoint, why, oh why, would they want to subject themselves to the feelings of inadequacy and ineptitude of trying to something new or remodeling their perceived 'strengths'? It is this fear we must override if we want to continue to improve ourselves both professionally and personally. We must be willing to push through those rough patches of feeling like a novice in order to get better. We must be willing to **be bad first**.

Notes

- we can learn and get better at things even as adults
- we hate being novices, or feeling like one, on things we consider ourselves masters of

ANEW

Aspiration: wanting something you don't yet have; can make yourself want something by asking yourself 'how will this benefit me?'

Neutral self awareness: honestly ask yourself where you are

Endless curiosity: be curious about everything

Willingness to be bad first

- we love to be good at things but dislike feeling novice, especially at things we feel we have previously mastered
- be aware of your self-talk, alter it if needed

-must be willing to get good or be better at something

-accept not being good is a first step