



POSITIVE ATTITUDE



What is positive attitude and why it is important in education?

"There is no failure. Only feedback." (Robert Allen) A positive attitude plays a critical role in learning anything. When you have a positive attitude towards learning, it will significantly help you in improving your skills. A positive attitude lets you relax, remember, focus and assimilate information as you learn. When you are able to maintain a positive attitude towards learning, both academic performance and personal growth improve significantly. Individuals' ability to apply the knowledge and learning they gained is a positive result of effective teaching and learning processes. An individual's active participation, critical thinking, improved interaction and communication skills can be motivated by a positive attitude. The attitude towards education is a matter of attitude towards work, for which reason it can be considered as part of the moral side of someone's personality. "Change your thoughts and you change your world."—Norman Vincent Peale, author of *The Power of Positive Thinking*.

MAIN FOCUS

WHAT IS POSITIVE ATTITUDE AND WHY IT IS IMPORTANT IN EDUCATION?

WHAT IS THE ATTITUDE AND HOW IT MANIFESTS

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TIPS TO ENCOURAGE A POSITIVE ATTITUDE



What better way to inspire optimism than establishing a hopeful environment? In the structure of the attitudes come the affective and cognitive elements, which give meaning and significance to it. While getting in adolescence the emotional side is accompanied by cognitive-intellectual elements that give consistency and durability to the attitude.

What is the attitude and how it manifests

Despite its potential benefits, maintaining a positive attitude toward learning is often easier said than done, because learning is by its very nature difficult and even frustrating at times. Many of the school failures – writes S. Larcebeau – can be explained not by the lack of skills, but by the absence of motivation and interest for certain forms of education. The attitude prefigures the conduct and behavior of human, being one of the conditions to stimulate the mental processes, an idea formulated by Measişcev. If you are confident, you will be more likely to look for opportunities to learn new things.

A well-known approach to promoting positive behaviour centres upon 3 key rights that every member of the education community has.

These rights are:

- the right to feel and be safe
- the right to be treated with respect
- the right to learn

It is essential that whatever you say, believe or do are examples of your positive attitude. Positive attitudes in students are achieved when they motivate each other and learn during that process.





POSITIVE ATTITUDE OUTSIDE THE BOX

Generally, maintaining a positive attitude outside the box and towards learning can be achieved by following some simple steps. Firstly, you should take the initiative to look for opportunities that will help you learn about new things. If you are able, try taking up new challenges. This will give you the required exposure that will help improve your skills.

Secondly, try to avoid distractions at all costs – both academic and psychological ones. This will make it easier for you to concentrate on your goal or purpose of learning. It is also important to remember that negative attitudes cannot easily be changed.

It can be difficult to maintain a positive attitude towards your learning when you are feeling stressed or anxious, because research shows that anxiety causes us to focus disproportionately on negative stimuli.



Positive attitudes shows that the first thing you have got to be willing to do to regularly think outside the box is realising what is holding you in it in the first place and why you are in it.



TIPS TO ENCOURAGE A POSITIVE ATTITUDE

- Create a positive learning space
- Visualise positive outcomes
- Ask thoughtful questions
- Practice gratitude
- Practice positive self-talk
- Be an example for the others
- Be curious and seek inspiration
- Eliminate negative talk
- Stay open to new ideas and approaches

