

Learning Tip:

How to Be Self-Sufficient

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How to Be Self-Sufficient

- ▶ Being able to seek help is important — but so is developing habits that allow you to solve problems independently.
- ▶ Being self-sufficient both requires the right mindset and some skills — let's explore them in detail.

How to Be Self-Sufficient

1. **Hold Yourself to High Standards:** Insist on quality in every task you undertake. Set ambitious yet realistic goals and create personal accountability mechanisms.
2. **Adopt a Growth Mindset:** Believe in your capacity to learn and improve through effort.
3. **Reframe Failure as Data:** Turn setbacks into learning opportunities — reflect, adjust, and try again.
4. **Develop Foundational Skills:** Revisit our numerous learning tips and try one small change at a time.