

February 16, 2022

2022

Need Help Sessions: Failure can be your friend...



By this point in high school, it's nearly impossible to have avoided the shadow of failure. A test that didn't go as expected. A social media faux pas. An audition that didn't measure up. And a potential new one for this year -- a rejected college application. In honor of this last reality, some high schools have an annual Wall of Shame (WoS) tradition whereby students post their college denials in a central public hallway rather than their acceptance letters. Why?

For starters, misery loves company! Everyone experiences disappointment. The fact that one hoped for outcome evaporated doesn't mean the story is over. A WoS reinforces the expectation that something worth doing is never easy. Not trying presents the only sure outcome. Zip. Nada. Zilch. Talk about boring. Beyond that (and more importantly), the oops in life are great launch pads for personal growth. Click [here](#) to see if robots seem to agree. Focusing on what went wrong and why is the best way to map out a more successful path forward. Trying to ignore failure only dooms us to repeat it.

New York Times columnist Tim Herrera wrote an interesting piece advocating [failure resumes](#) in which he describes the benefits of creating an official repository for these events. Keeping a running list of mistakes and rejection sounds like a downer, but it can be a powerful source of perspective and greater insight. The writer Oset Barbur wrote an earlier [guide to failing the right way](#) (see page 2 for a synopsis). In a society so appreciative of success, all this emphasis on failure seems counterintuitive, but it isn't. We're all going to fail more often than we'd like. Honoring the oops, drat and crud in life reminds us we are a work in progress. Be kind to yourself and open to seemingly unrewarded risks. Experts agree this is the surest start to where you ultimately want to be.

Important information for college applications:

SPCPA School Code: 242 284

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School Information:
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St Paul, MN 55102
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If at first, you don't succeed quiz
(answers are on page 2) ...

1. Rejected by 199 research laboratories, their proposal ultimately resulted in a test for pancreatic cancer that was 100 times better and 26,000 times less expensive than what had been available.
2. Cut from his high school team sophomore year, missed 9000 shots, on the losing side of nearly 300 games including 26 times when they were supposed to make the winning shot.
3. Dropped out of college, lost jobs at Dunkin Donuts and as a hat check, supported themselves as a \$7/hour live artists' model.
4. Grew up in ancestral Pueblo traditions, struggled with homelessness, relied on food stamps, single mom, traveled the southwest selling her salsa at fairs, appointed first Indigenous Secretary of the Interior.
5. Abused and molested by family member, fired after only 7.5 months of being disrespected in their dream job; pivots from covering the story to being part of it by creating the highest-ranking TV show of its kind.
6. After 5 years and 5,126 failed prototypes, this inventor spent 10 years setting up his own manufacturing facility, because no one else would make his ultimately best-selling product.
7. Abandoned by father, lost mother to suicide while still a toddler, rejected by grandmother for effeminate behavior, child prostitute at 11, co-founded Gay Liberation Front, put the T in LGBTQ.
8. Only person in a group of 23 applicants for a job at KFC to be rejected, rejected by Harvard 10 times, ended up being the richest person in their country.
9. Failed to qualify for the Olympic team, passed over for fashion magazine editor-in-chief, became successful fashion designer at 40.
10. Flubbed their lines, spoke with such a heavy accent director told them to stop wasting his time and just get a job as a dishwasher.
11. Addressed centuries of oppression and misguided policies by creating the first medical school in Indian Country.
12. Second youngest of 12, scoured the dessert for food as a child, traveled the carnival circuit as a boxer after discovering no school would hire a Mexican American teacher, became Arizona's first Hispanic Governor (after losing first race) and US Ambassador.
13. Didn't finish high school, got a Ph.D in poor, hungry and determined, started his career as a janitor, went from creator of Flamin' Hot Cheetos to PepsiCo NA executive VP.
14. Raised in an orphanage, taught to sew by the nuns, supported themselves by singing in bars.
15. Homeless at 16 in Baltimore, taken in by their 9th grade math teacher, earned a Stanford PhD, named their company Defy Impossible.
16. Raised by single mom, used the knowledge they earned researching scholarships over 7 months to win a Shark Tank competition and create Scholly an online scholarship service.

Need Help Sessions: *Guide to Successful Failing*

- For starters, talk about it (but know your audience)! Venting to a friend may be cathartic, but a better approach is to practice sharing your observations about your situation with others who are able to help you assess what went wrong and why. Actively seeking perspective/input from parents, teachers, advisors, supervisors and trusted peers demonstrates both respect for their expertise and your desire for improvement. A good opener is -- "Can you help me with this problem?" -- assuming you truly are ready and willing to listen to their responses.
- The sting of failure increases when we overestimate our efforts and/or achievements. *Did we get outworked? What caused us to be underprepared?* Seeking out this perspective is a future success booster. Equally important, sharing our failures humanizes us to others increasing our approachability. Those highly curated images on social media promote a harmful falsehood that perpetually beautiful lives exist and are somehow immune to failure. They aren't. Erecting a false front of invincibility only pushes others away. We all need people in our corner. Be real and you will attract equally interesting people willing to share their insights and suggestions with you. It's a win/win.
- The business world groups failure by type in order to better assess next steps. **Preventable failures** are the ones that could be avoided if you'd honored your own knowledge and crafted a plan focused on success -- *it's possible to avoid a bad grade by holding oneself accountable for one's own learning and seeking out relevant support (professor/study group/tutor) in advance.* **Complex failures** fall into the category of best laid plans may still go awry -- *hours of focused practice and preparation are no guarantee of acceptance when there is a huge imbalance between qualified candidates and available slots.* **Intelligent failures** describes a task outside of our expertise -- *when making a personal moon-shot, we don't yet know what we don't know, making early failure likely.*
- Separating failures into these categories allows for more productive problem solving. Finding the valuable lessons within each failure improves the likelihood of future successes. Knowing what we can impact/control while working toward limiting what we can't reinforces our awareness that we are the only one's responsible for achieving our individual goals. Failure is not the problem. Failing to learn from it is.

dates to Remember

Click [here](#) for more details.

1. Complete the online **Power of YOU** application form which is **available early, starting today**. This is a **dual application**: completing this application means, you have also completed the application for admittance to Minneapolis College.
2. Complete the Accuplacer exam in all subjects: **Math, Reading, and Writing**. You may be exempt from taking the College Placement exam. Learn more about ACT, MCA, & SAT test exemptions. The College Placement exam at Minneapolis College is available on a walk-in basis, no appointment is necessary.
 - **Testing Center information:** www.minneapolis.edu/testing
3. Submit the **2020-2021 FAFSA** (Free Application for Federal Student Aid) and **complete** the entire financial aid process. Apply online at www.fafsa.ed.gov; FAFSA School Code for Minneapolis College is **002362**.
4. **Check your personal and Minneapolis College email:** In approximately 2 weeks of submitting your FAFSA for any financial aid related notifications from Minneapolis College. If you have to provide additional information, you will be notified by email.
5. **How to login to your Minneapolis College student email account:**
 - Go to www.minneapolis.edu/eservices
 - Select **STUDENTS** in the upper right-hand corner of the screen
 - Select **Eservices** in the green bar in the middle of the screen
 - Login to eservices with your STAR ID and Password
 - Select the **Financial Aid** tab on the left-hand side of the screen and you will see the status of your FAFSA/Financial Aid
 - Make sure you select the **Fall 2020** term
6. **Deadline:** Friday, May 29, 2020. **Review Process:** Once all required materials are submitted and completed, your application will be reviewed by the Financial Aid Office.
7. Acceptance emails will be sent on June 5, 2020. Please follow the steps to solidify your acceptance in the email you receive. *Rolling admission will occur weekly until August 7, 2020.

1. Jack Andraka
2. Michael Jordan
3. Madonna
4. Deb Haaland
5. Oprah Winfrey
6. James Dyson
7. Sylvia Rivera
8. Jack Ma
9. Vera Wang
10. Sydney Poitier
11. Cherokee Nation
12. Raul Hector Castro
13. Richard Montanez
14. Coco Channel
15. Dr Venus Opal Reese