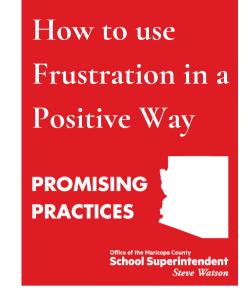
WHAT IS IT?

Frustration is a normal part of life and can happen at home, school, and on the job. Frustration can help the brain grow because it is usually caused by situations that challenge the individual to learn. This infographic provides tips that students can use to continue learning despite being frustrated in class.

IMPACT?

Helping students view frustration as a normal part of life and using these techniques will allow them to develop resiliency. This will ultimately improve their academic achievement and social emotional well being.





TO LEARN MORE ABOUT THIS RESOURCE:

Frustration: How to use frustration in a positive way.

Office of the Maricopa County School Superintendent Steve Watson

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