

URL: <https://stvp.stanford.edu/blog/videos/learning-from-failure-4>

Seelig often makes her students write failure resumes as a way to recognize the mistakes that they have made as well as the lessons they have learned from those mistakes.



Transcript

In fact, one of the things I have my students do in almost every one of my classes is I have them write failure resumes.. That usually gets them very anxious when I ask them to do this, especially Stanford students who are so used to looking at their lives through the lens of successes.. But writing a failure resume is incredibly important because it's important to acknowledge the things that you have learned from the mistakes you've made.. I mean it's one of the reasons why we actually hire people with experience, because they've made mistakes and have learned them.. We don't just hire people who are smart right out of school.. We hire people who have done things and have learned from their experiences.. So try lots of things, keep at works, don't be afraid of failure...