**Cynhadledd Fer: Ymgorffori Lles yn y Cwricwlwm**

**Mini Conference: Embedding Well-being in the Curriculum**

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# Crynoldebau / abstracts

**What can lecturers do to get students to embrace mistakes?**

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Learning often involves making mistakes. Getting things wrong and then learning from them. Yet, academic performance is about doing well and avoiding mistakes. This apparent conflict could mean students are avoiding making mistakes while learning.

So why don't students view their mistakes as a valuable asset? Well, students have grown up in a system where mistakes are 'punished'. Mistakes might make students feel stupid. "Stupid" is just that: a feeling. A student might think, "I might say something embarrassing", and won't contribute to a session. If a student gets a bad grade, the feedback might be ignored. Unsurprisingly, that's the worst move to make if a student ever wants to get better marks.

In this discussion, we encourage attendees to share their views on how we can encourage students to see 'making mistakes' as part of the learning process. As a way to avoid making these mistakes during assessed work. Could it be that by encouraging students to 'get things wrong and make mistakes', that they become more resilient and more likely to flourish during their degree and beyond?