GPIS | newsletter

Vol. 3 , Issue 8
August 2026

Don't Get Used to Failure

Thiri Myat Noe (IGCSE, Batch-5) MDY

Everyone will fail at least once in life. No one succeeds all the time. There will be moments when we lose what we want, or end up with what we don't—for example, failing exams or not getting the results we expected.

But after failure, there are always two choices. Do we keep repeating the same mistakes, thinking, "I failed again, I've always been a loser, so it doesn't matter"? Or do we learn from those mistakes and ask ourselves, "Where should I improve? What can I do better?"

Sadly, many people, especially the young, choose to live with failure. When asked about their future plans, they often reply, "I don't know, I don't have one." When asked about goals, they say, "I've never thought about it." They become so used to failing that they no longer care about success.

A person who accepts failure too easily may stop believing in improvement. If their boss scolds them, they may think, "I'll just quit. I didn't care about exams before, I dropped out of school, and I always did what I wanted." These thoughts gradually shape their life.

Later comes regret:
"If only I hadn't given up so easily."
"If only I had worked harder."
"If only I had graduated with better grades."

But by then, it is too late. Time cannot be reversed. The choices we make today, the effort we put into learning, and the determination we show when facing difficulties will shape our future.

Failure is not the end; it is a chance to start again, this time better prepared. The key is not to fear failure, but to make sure we don't get used to being a failure.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." — Margaret Mead





Here is a concise summary of your passage:

Phyu Sin Myat, a GED Batch 11 student, reflects on her journey as a Youth Ambassador in the Youth Ambassadors East Asia & Pacific (YA-EAP) 2026 Program. Inspired by the idea that small groups of committed people can create meaningful change, she developed TerraNova, a youth-led environmental initiative promoting environmental awareness and sustainable practices.

Through leadership and community engagement training, she organized workshops on climate change, biodiversity, pollution, and conservation. In collaboration with the GPIS Community Service Club, volunteers participated in tree planting, litter collection, and a school clean-up campaign. These activities not only improved the environment but also strengthened teamwork, community bonds, and a shared sense of responsibility.

The experience taught her that leadership is about empowering others and bringing people together to create positive change. She expresses gratitude to the GPIS Community Service Club, volunteers, teachers, and supporters who contributed to the project's success, and encourages young people to recognize that even small actions can inspire others and help build a better future.









GPIS | newsletter

Editor-in-Chief Aung Chit Khin

Editor May Thet Hnin

Calculation 3000

Advisor Pro. Dr. Sein Min

Layout & Design Khin Lae Lae Nyein

Free Distribution

Publisher - Aung Chit Khin (Reg - 01221)
Printing House - U Aung Naing Tun (Amimyay - 00199)

Address
No 9 A , Ground Floor , Baho Street, San Chaung Township, Yangon, Myanmar. Ph: 09 - 250 7171 66 e-mail: info.sfj@gmail.com

GPIS Newsletter is published by **Strategy First Education Group.**

Team work is Dream work

Cho Thar Myint Oo Khine (IGCSE, Batch-8)

Whether you're a student in a school or an employee at a company, team work is an inevitable thing you cannot avoid. Many people have nightmares about the idea of interacting with others, though it is an essential skill you need. This article will convince you to step out of your comfort zone!

No more lone wolf

There is something called social awkwardness—which most people have—that gets your nerves just by making eye contact with someone. The anxiety makes you shy to talk, and you end up as a lone wolf. Being put to collaborate with others leaves you no choice but to participate in discussing ideas. As you take time getting to know each other, you'll feel a sense of relief that everyone is no different from you. The previous awkwardness turns into a bonding moment and you gradually open up. Not only does it boost your confidence, you gain new companions who will be of good help in the future.





Speak not stutter

There are times when you're so nervous that everyone can hear the tremors in your voice when you speak. Lack of communication is one of the causes, and your self-esteem struggles to stand. But, when you're working with others you don't have a choice to stay mute. It forces you to speak up, and your speech will improve overtime. The discussions act as a conversation practice for similar occasions—exercising your vocals—which stabilizes your stutters the more you talk. You'll notice that you've stopped stuttering after the project is over.



Confidence boost

Self-esteem at its lowest will create an empty shell of yourself, the one where you're overshadowed by others. When it comes to face inevitable group work it slowly cracks that shell, and brings out your talkative self. You'll be met with encouragement to express yourself, lift your chin high and open your mouth. It may be overwhelming at first but the heavy weight in your heart will be eased by the welcoming atmosphere of your team. It gives you a sense of security to know that they have your back. You'll be pleasantly relaxed as you participate more—without the worry of judgement—which boosts your confidence.

Overall, working with a team releases the burden you carry alone. It gives you more flexibility, and gives you an experience to deal with social settings. The benefits are almost endless so it'd help those who are helpless in socialising. Remember, you're not alone with feeling like a sore thumb in a crowd. So, be open minded!