

# The Signs and Signals of the Discouraged Learner

**Students may:**

- ⇒ **Engage in negative self-talk**
- ⇒ **Develop a “can’t do” attitude**
- ⇒ **Exhibit a low self-esteem**
- ⇒ **Become “academically paralyzed”**
- ⇒ **Display a defeatist attitude**
- ⇒ **Become withdrawn**
- ⇒ **Exhibit long-term sadness/depression**
- ⇒ **Express feelings of being overwhelmed**

