



FIND YOUR WAY TO CALM DOWN



A FAILED EXAM IS NOT THE END OF THE WORLD!

An unpassed exam just shows, that you need to learn more to absorb the knowledge of that subject. It says nothing about your future prospects, your talents or your worth. It is just another obstacle on your professional path and you can really overcome it by learning more.



GIVE YOURSELF TIME TO BE SAD, ANGRY OR STRESSED.

Some people do not stress at all after failing an exam, while others feel a lot of anxiety, anger or disappointment. It is normal to feel these emotions. We are all different and we react differently to situations. If you want to, take some time to blame the world, let yourself cry or complain to your best friend what a tragedy that is. It is important though not to let it last for too long. Give yourself a day and then get back to your studies.



REFLECT.

Rethink what you are absolutely sure to have answered correctly during the exam, and what answers you did not know. If possible, ask the lecturer for the feedback. Identify not only the mistakes in the exam, but also what prevented you from preparing well for it: procrastination, too little information, knowledge gaps? Then ask yourself: what can I do differently this time to succeed? Start preparing for the exam from what you already know. Seek help, if needed.