

Work It Through: Lousy Mark



“A lousy mark on a test that I was really needing a good mark on.”

1. What is within your control? What is not within your control?
2. What is the worst that could happen? Do I have evidence of this?
3. What is the probability of that actually happening? (High, Medium, Low)
4. If the worst happens, what will you do?
5. What will probably happen?
6. Explain in a positive way, how the situation should probably be handled and what the thoughts should be.
7. Once you have your plan in place, decide on the best calming strategies to use.