

# Don't panic

You are going to have **good days** and **bad days**.

This is **normal**. If you are having a bad day, just **shrug it off** and tell yourself that **tomorrow will be better**.

Don't let it stop you from keeping to your work schedule.



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- **Why are you having a problem? What can you do ?** Write a list of what the problems are. **Be specific**. Don't just write I can't do maths. What exactly can't you do?
- Have you had these **problems before**? Did **anything help** last time?  
Can you try that strategy **again**?
- What are the **options**? **Make a list**. Try one of the following:
  1. **Talk** to your teacher/form teacher/friend/parent.
  2. **Beg**, borrow or buy revision notes/CDs/videos.
  3. Allocate **more time** for homework/revision
  4. Allocate **more time** for hobbies/sport/relaxation.
  5. **Change** your style of working – looking, listening, touching & voicing.
  6. **Look** at examples of good notes/essays/coursework.
  7. **Reorganise** your files.
- **Face head-on** what is worrying you. Don't keep putting it off.
- **Be positive**. If you really want to overcome a problem, you will.

- Have your **ultimate goal** in sight. Pin a picture on your bedroom wall to remind yourself of it. See a piece of boring work as a means to an end.
- **Be realistic.** If you are not getting anywhere with a subject, having really tried every strategy possible, consider dropping it. If this is not possible, you might have to accept that you are not going to get a good grade. **Don't use up nervous energy worrying about it.**
- **Be creative.** Think of other solutions.



**Remember,** Einstein had poor spelling, was disorganised and got lost when out walking, but he didn't do too badly!

**Keep smiling.** It takes fewer muscles to smile than to frown!