

Recovering from a Bad Grade or Bad Semester

What Happened?

Your first bad grade or semester can come as a complete surprise. You may feel discouraged or start to question your ability to do well in college.

College differs from high school in many ways. The responsibility of learning falls upon you as the student rather than the instructor to teach you. Prior study habits may no longer work in this new environment.

Accept

Recognize that you are feeling discouraged and that this is a normal reaction to the situation.

Learn

Learn from the experience. Students who are continually unsuccessful tend to blame instructors or circumstances for their shortcomings. Ask yourself what can be learned from your current situation. Next ask yourself what you can do differently next time.

Change

Change pessimistic talk into optimistic statements. Remember what you learned instead of how you were graded. Also remember that the situation is temporary; you can prepare to do better next time.

Where Do I Begin?

- 1 Read the professor's or TA's comments and go back over the paper or test to see what you will do differently next time.
- 2 Go to class and meet with your professor outside of class to ask for help with the material you do not understand.
- 3 Identify what is keeping you from succeeding and create a plan to overcome these issues.
- 4 Learn what resources are available to you, and use them.
- 5 Find one person on campus who cares about your success and ask for help.

Campus Connections

Your first bad grade or semester can come as a complete surprise. You may feel discouraged or start to question your ability to do well in college. The Academic Support Resources team is here to help you. Our staff can be a great resource to help you get back on track.

Use the QR code below to schedule an appointment.

