

Tips for Academic Success

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 short-comings. 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 professors outside of class to ask for help with 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.

"Sometimes you have to take a step back to move forward."
-Erika Taylor

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 Student Advancement team is here to assist you! Your Navigator can be a great resource to help you get back on track.

Don't Know Where to Start? Schedule an appointment with a staff member in Academic Resources. Stop by Sears 340 or call 216-368-3478.