

# NOT DOING AS WELL AS YOU EXPECTED?

Not getting the results you want happens to most people at some stage in their lives. It's normal. Accept that it's happened and remember that the experience doesn't define you. Most likely you'll worry about the consequences but that worry is a force that can help you to get motivated again.

However, excessive worry, fear or ongoing struggle is cause for concern. Try to figure out the lessons you can learn if you haven't done well in a test, assessment or exam. Try to isolate the reason for this: Was it due to a lack of preparation for the assessment or exam or insufficient/inefficient study during the semester? Was it lack of understanding? Was it illness or a one-off circumstance that affected your performance? Finding a reason will help to pinpoint what action you need to take.

## What to do next:

Always seek help sooner rather than later, as it's much easier to put strategies in place before small issues turn into large ones. Here are some ways to do so:

- Seek further feedback from a tutor or lecturer following an assessment and take time to collect your exam script and review it.
- Don't be afraid to seek help from Student Academic Skills by making an appointment to meet with one of our staff who can help you to develop effective study strategies. Email [sas@otago.ac.nz](mailto:sas@otago.ac.nz) or come to SAS reception on the ground floor of the Central Library building.
- If you're feeling down or stressed, you may need to contact Student Health Services on the corner of Walsh and Albany Streets or visit [www.otago.ac.nz/studenthealth](http://www.otago.ac.nz/studenthealth)
- Carefully and realistically assess how you want to proceed. Do you have the required prerequisites for future study? Do you need to revisit your course selection?
- You might like to visit the Career Development Centre to talk with an adviser. <http://www.otago.ac.nz/careers/index.html>
- Talk to your course co-ordinator who may suggest you talk to your divisional Course Adviser. <http://www.otago.ac.nz/course-advice/index.html>

There's a lot of help available so be sure to make the most of the information given in this sheet so you can improve your situation with the appropriate support.