

SUMMER WELLBEING

- Managing disappointment

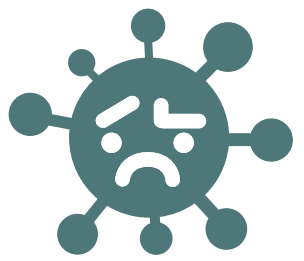
- Managing SQTs



If you are finding the summer break strange or unsettling in any way, you are not alone. After an especially difficult academic year, it can be hard to truly rest. Whether you have felt disappointed with your marks this year, burnt out from a build-up of factors, or are struggling with continuing uncertainty, please know that support is available.

Managing Disappointment

Perhaps COVID-19 restrictions have meant that you are unable to travel, see more of friends or family, or have had to cancel plans to self-isolate. This type of disappointment can feel worse when it appears others have been able to do what they have planned.



Perhaps you didn't get the exam results you wanted or need to re-sit some exams. This can be an isolating experience as it is often not openly talked about.

Accept how this has affected you - It's ok to admit that you are disappointed and wish that things could be different. Regardless of what emotions you feel, it is ok to express them. If you can, be open with others about how you feel.

Don't put too much pressure on yourself - Remember that we are still navigating a pandemic and life is harder for many right now. Perhaps you know others that have done 'well' or see on social media that some of your peers are having a great time. Know that this is not the reality for many.

Focus on what you can do now - It can be difficult to find enjoyment in the summer break if disappointments have clouded your experience. There is still room to take time out for yourself. If you can't travel internationally, perhaps you can travel locally. Consider engaging with old or new hobbies, reach out to friends or peers, or consider making longer-term plans for enjoyable activities.

Re-sit exams and supplementary qualifying tests

Although it is often not talked about openly, it is fairly common to re-sit an exam. It is certainly not something to be ashamed of, however, for many, it can be difficult not to feel shame.

Remember that your results DO NOT define you - Whether you found it hard to concentrate on your revision at the time, found the content too difficult, or had a difficult time on the day, it is important to remember that this is a setback that you can overcome.

Don't forget about your achievements - Failed exams or low marks do not make your previous achievements meaningless. Your skills and abilities are still valid. Try not to lose sight of this.

Revision - You still have time to go over the material and perhaps understand it better than previously. Remember to take regular breaks and practice self-care. You can also go over past exam tips including [5 Tips for exam stress](#).

Mitigating Circumstances - Let us know asap if anything is affecting your ability to revise for or take your exams. Please contact me if you have any questions.

Register for confidential
Counselling

Book an appointment with the
Disability Advisory service



Book a wellbeing
appointment