



FIJI NATIONAL
UNIVERSITY

Office of **the Registrar**
Department of **Student Support Services**
Counselling



I Can Still Do This

“An initiative by Office of the Registrar”

What to Do When an Exam Did Not Go Well

1. **Don't panic** once you leave the exam hall. Try to find somewhere quiet and calm down there for a while. Remember it's not the end of the world.
2. **Don't completely write the exam off:** Students sometimes have the tendency to assume the worst in their exam performance. However, you could be pleasantly surprised. Hope for the best and focus on the next exam.
3. **Talk to other people** as it can make you feel better.
4. **Value effort above outcome:** It's important that you truly feel that you did your best, that you know that it is enough. Results are not everything.
5. **Think about your options:** If one exam went badly, research your options. Please read the University Academic & Student Regulations (UASR). You may be able to re-sit the paper. This research can be reassuring and could help you to calm down.

<https://www.fnu.ac.fj/wp-content/uploads/2020/04/University-Academic-Student-Regulation.pdf>
6. **Know that it happens to most of us.** So don't worry; you're not alone!
7. **Don't take it personally:** Just because one exam went badly, doesn't mean it is over.

As we progress through the examination, it is natural that some of us are worried more about our poor performance in an exam paper that we have already done rather than focusing on the remaining exam papers. This past setback often limits out future performance.

8. **Learn from it:** Being hard on yourself is not helpful, but using the experience as a way of improving for the future is beneficial.
9. **Don't dwell on it:** There's nothing you can do once the exam is over so try to resist the urge to overthink, and let it be.
10. **Relax Yourself:** Reset and refocus on what's next.

**So repeat after me:
I CAN DO THIS**

Get help from FNU Counsellors when needed.

FNU Counsellors' Contacts

Central & Labasa:

Varsha - 8960857

West: Kantha - 8910854