

# FOCUS

## How to Reflect and Learn from Disappointment

### F Feelings

What happened and how has this affected you?

Obtain feedback (if available) Remember making mistakes is a valuable experience - there is always room for improvement

### O Opportunity

Take the opportunity to think about your response and the support options available.

Give yourself a break  
Take a breath and prioritise your wellbeing Use the support of family and friends for comfort and encouragement

### C Context

Look for context and evaluate your performance.

Acknowledge what is positive This can be difficult but it can offer some perspective if you are feeling overwhelmed

### U Underline

Underline the learning points - what conclusions can be drawn, based on this experience?

Look to the future How will you use this experience You can still move forward even if you feel afraid apathetic or unmotivated

### S Step Forward

Step forward - create an action plan, including your specific needs or areas for personal development.

Look for support and motivation - the University offers a range of services and resources that can help

[Student Wellbeing Service](#) | [Learning Development Service](#) | [Careers, Employability & Skills](#)