FOCUS

How to Reflect & Learn from Disappointment

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!

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!*

Adapted from Gibbs G (1988). Learning by Doing: A guide to teaching and learning methods. Further Education Unit. Oxford Polytechnic: Oxford.

