

Exam disappointment

Student's Name

Institution Affiliation

Date

Failing an exam is devastating; I say this because I failed in my last semester exam that I had anticipated passing well. The day before my exam was one of my darkest and worst days of my life because I was anxious and nervous about the judgement day, which was the following day. Although I studied hard, the outcome was not pleasing.

The Problem Solving Process

Problem definition

As I sat to tackle my exam, I was very nervous which led to confusion. I was experiencing difficulty in recalling answers to the questions that were presented to me. In the future exams I want to be composed and confidence while doing my exams. I want to be able to handle my exams efficiently and effectively after hard work during the semester. However, lack of confidence in myself is preventing me from reaching my full potential thus leading to failing in my exams.

Problem Analysis

Lack of confidence is affecting me in my academic work as I am not able to concentrate while handling exams resulting in poor grades. Moreover, my parents are not happy with my results as they are investing a lot of resources and sacrifices to ensure I get the best in school. My classmates also experience nervousness when we are about to tackle exams but I have learnt that they have a strong belief in themselves, therefore, gaining confidence hoping their efforts will pay and, therefore, passing their exams.

My Goals

My immediate goal henceforth is to ensure I have faith in myself despite the sounds in my mind of nervousness. To do this, i shall need to strategize my revising techniques so that I study thoroughly. I shall manage my time well so that I get enough time to cover all we have

learnt throughout the semester before exams. Furthermore, I shall ensure I finish my assignments on time so that I have time to revisit my notes from my previous work taught in class. My overall target is to improve my grades by passing all my exams.

Possible Solutions

During the work course, I shall ask for several exam tests from my teacher so that I work on my confidence. Also, I shall consult my classmates in areas I feel I need to improve so that we can discuss them. Hard work always pays but I think brilliant work will pay more hence will change my studying habit to ensure I study smart so that my grade improves in the future exams. Self-belief is crucial in my case as it will help me be confident in myself thereby enhancing my concentration and understanding (Lorainccc.edu, 2016).

Analysing the Solution

The solutions I have indicated are relevant to my situation, and they are realistic because I know I can manage them. The price I will have to pay is studying more and doing more practice exams of which I shall eventually gain confidence thus resulting in an improvement in my grades.

Implementation

Application of the above solution shall be effected by me, teachers and fellow classmate. Each shall play a role in assisting me to gain confidence; study more and the rest shall be for me to pass my exams in the future. I am confident that once I do all this; I shall for sure do well in my future exams consequently, achieving my goals in life (Gdrc.org, 2016).

References

Gdrc.org,. (2016). *The Problem Solving Process*. Retrieved 19 February 2016, from <http://www.gdrc.org/decision/problem-solve.html>

Lorainccc.edu,. (2016). *Problem Solving - Continued*. Retrieved 19 February 2016, from <http://www.lorainccc.edu/Current+Students/Advising+and+Counseling/Counseling/Problem+Solving+-+2.htm>