Exam Disappointment

Name:

Institution:

Date:

Exam Disappointment

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 evaluation 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 future exams, I want to be composed and confident 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, they gain confidence, hope their efforts will pay and, therefore, pass their exams.

**My Goals**

My immediate goal henceforth is to ensure I have faith in myself despite the sounds of nervousness in my mind. To do this, I will need to strategize my revising techniques so that I study thoroughly. I need to manage my time well so that I get enough time to cover everything we have learnt throughout the semester before exams. Furthermore, I need to 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 need to ask for several exam tests from my teacher so that I work on my confidence. Also, I should consult my classmates in areas I feel I need to improve so that we can discuss them. Hard work always pays off but I think brilliant work will pay off even 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; 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 classmates. Each should play a role in assisting me to gain confidence and study more; as a result, I should be able to pass my exams in the future. I am confident that once I do all this, I will for sure do well in my future exams and achieve 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/Pr oblem+Solving+-+2.htm