



BOUNCING BACK

How to Bounce Back from a Disappointing Assignment Mark

We've all been there – eagerly awaiting the results of an assignment we thought we had slayed, only to be disheartened by a disappointing mark. It's completely normal to feel down at first but remember, setbacks are opportunities for growth and improvement. Here are some steps you can take to handle a disappointing assignment mark and turn it into a learning experience:

1. Analyse and Understand the Feedback:

When you receive your assignment back, take the time to review the feedback provided by your teacher.

Ask yourself the following questions:

- Did you meet all the criteria outlined in the assignment?
- What specific feedback did your teacher provide?
- Do you fully comprehend the feedback given?
- Can you identify the reasons behind the mark you received?

If you're unsure about any aspect of the feedback, don't hesitate to ask your teacher for further clarification. Understanding where you went wrong is crucial to avoid repeating the same mistakes in the future.

2. Choose to Accept or Challenge:

Once you've gained a clear understanding of the feedback, you have two options: accept the grade or challenge it.

- *Accept:* If you realize that the mark reflects your performance accurately, don't dwell on it too much. Acknowledge that everyone makes mistakes, and view this experience as an opportunity for growth. Embrace the mindset that successful individuals use failures as stepping stones toward improvement.

- *Challenge:* If you genuinely believe that the mark awarded does not align with your efforts and adherence to the criteria, approach your teacher respectfully and express your viewpoint. Politely ask if they would reconsider the mark while providing evidence to support your case. Remember, advocating for yourself should always be done with respect.

3. Learn and Adapt:

Improvement comes from learning from your mistakes and taking action to rectify them. Make a conscious effort to identify where you went wrong and devise a plan to correct it. Consider these steps:

- *Re-do the Assignment:* If you have the dedication and time, consider revisiting parts of the assignment and resubmitting them. Revising your work not only demonstrates your commitment but also helps you apply the feedback effectively.

- *Seek Inspiration:* Ask your teacher if you can examine assignments from students who received top grades. Analyse their work to understand what elements contributed to their success and identify areas where your assignment fell short.

- *Seek Early Feedback:* For your next assignment, share your plan or draft with your teacher before the submission deadline. This proactive approach allows you to receive valuable feedback early on, giving you ample time to make improvements.

Remember, your academic journey is about learning and growth. Embrace every assignment, whether successful or disappointing, as a chance to hone your skills and become a better student. Stay persistent, and don't let setbacks define your capabilities. With a positive attitude and willingness to learn, you'll be better prepared to face future challenges and achieve your goals. Keep striving for excellence and improvement.

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