
FEUP
Healthy Minds

You deserve it



Contacts

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Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

PSYCHOLOGY AND GUIDANCE SERVICE

FEUP FACULDADE DE ENGENHARIA
UNIVERSIDADE DO PORTO

**Things are not
going well...**

What now?



Studying at university may not always go as you expected or had envisioned.

You may react to failure with:

- **Shame** or **guilt**
- **Sadness** or **despair**
- **Feelings of inadequacy**
- **Circular thinking** that prevents you from distancing yourself from the situation and seeing it clearly
- **Difficulty finding alternatives**

Frustration at failure can be linked to inadequate performance expectations.

Moving on to higher education means **adjusting to the new reality of being part of a very large group of good students**, which isn't always easy and can lead to competitiveness and comparisons.

What's more, you may have already set yourself **very high standards**, given your performance so far, and believe that you have to get the best grades in every course - which isn't necessarily true.

You may see failure exclusively negatively...

- As a failure as a person and not just as a failure in that task;
- Suffering in anticipation and believing that the next tests will also go badly;
- Accumulating nervousness and anxiety;
- Discrediting your own abilities;
- Focusing only on failures and devaluing successes.

... or see it as an opportunity!

- A reminder of what can still be improved;
- A chance to understand that the methods you have implemented may not be the most appropriate;
- A way to adjust your own expectations and better understand what is expected of the evaluation;
- An opportunity to work on resilience.

Tips on developing resilience:

- **Looking at obstacles and difficulties as opportunities for growth.**
- Accept that **perhaps the world doesn't have to change to suit us. We can change the way we deal with it ourselves.**
- **Be realistic.** Put things into perspective and understand that **not all problems are serious.** Will you remember this problem in two years' time?
- **Appreciate your own efforts and recognize each success.** Every step matters.
- **Take action when necessary.** If something is wrong, don't be afraid to be assertive about it.
- **Promote and invest in relationships:** they can help dealing with stress and be a source of understanding and empathy in the face of similar difficulties.
- **Trust in your own efforts.** It's the work that brings the most results, not how "smart" you are.
- **Seek support as soon as necessary. Don't wait for a crisis to call for help!**