



ÁLLATORVOSTUDOMÁNYI

EGYETEM · BUDAPEST

Dealing with academic stress & failing

by Human-Service
Student Support & Counseling Services

www.mentalhub.hu

Programs in the fall semester

- **September:** Adjusting to a fast-paced academic environment
- **October:** Learning techniques & challenges of learning
- **November:** Bullying & mobbing concerns on-campus
- **December:** Dealing with stress and failing
- **January:** workshop on value-based decision-making

If having difficulties - available on-campus
Student Support & Counseling Services

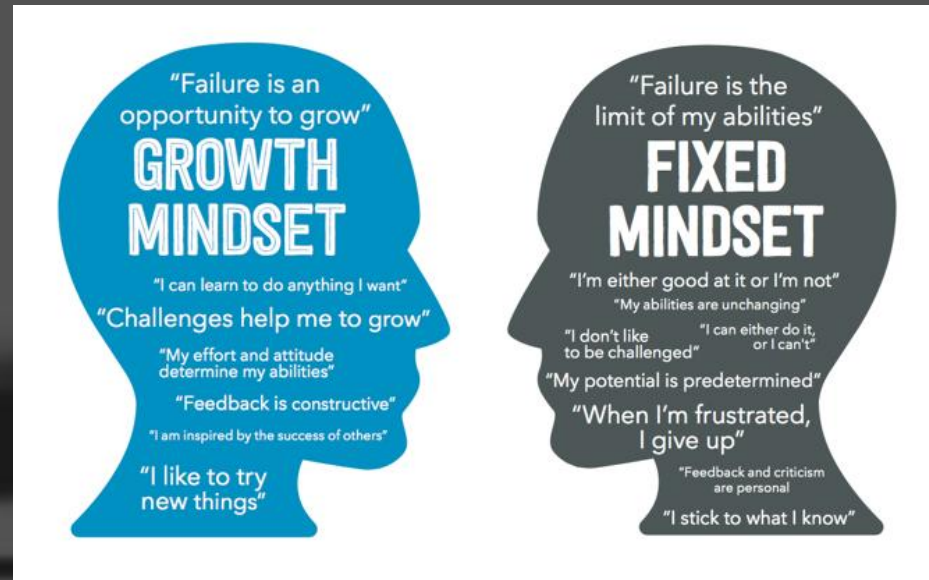
Office hours: Mondays and Thursdays between
10 am – 2 pm in building „H” Room # 308.

Visit us: www.mentalhub.hu

Recap on challenges in medical schools from previous lectures

- Extremely high volume at rapid pace
- Shift from content-driven to time-driven
 - Study based on what you needed to know to study based on what you have time for

Change may comes with stress



Approaching the topic of academic stress

Prevention – Intervention

Organization of facts into logical patterns

Distributed practice (vs. cramming)

Repetition

Effortful recall

Reviewing
Self-testing (study group or individual)

Applying study plans

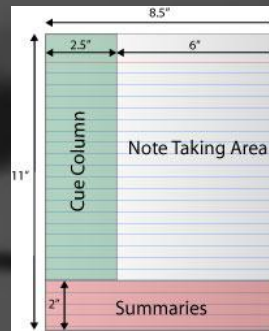
Preparation in advance using different types of learning techniques discussed earlier in October

Things to do when stressing already occurs

Reviewing by using different methods: self-testing, prior exams, study groups, flashcards, open labs, Etc.



Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30	Sleep in & Relax	Wake up	Wake up	Wake up	Wake up	Wake up	Sleep in & Relax
8:00	Breakfast	Get ready	Get ready	Get ready	Get ready	Study at Home	Breakfast
8:30		Commute	Commute	Commute	Commute		
9:00		Contracts	Contracts	Contracts	Contracts		
9:30		Class	Class	Class	Class		
10:00		Lunch	Lunch	Lunch	Lunch		
10:30	Get ready	Real Prop	Real Prop	Real Prop	Real Prop	Get ready	
11:00	Church	Class	Class	Class	Class	Writing & Research	Study at Home
11:30		Lunch	Lunch	Lunch	Lunch		
12:00		Library	Library	Library	Library	Class	
12:30		Lunch	Lunch	Lunch	Lunch	Break	
1:00	Study at	Library	Library	Library	Library	Study at	Library
1:30		Break	Break	Break	Break	Break	Library
2:00		Library	Library	Library	Library	Library	Library
2:30		Criminal	Criminal	Criminal	Criminal	Meet w/	Exercise
3:00		Law Class	Law Class	Law Class	Law Class	Study	Go to gym
3:30		Study at	Study at	Study at	Study at	Study at	Study at
4:00		Library	Library	Library	Library	Library	Library
4:30	Dinner & Relax	Library	Library	Library	Library	Library	Library
5:00	Break	Commute	Commute	Commute	Commute	Commute	Commute
6:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30		Study at	Study at	Study at	Study at	Study at	Study at
7:00	Work	Study at	Study at	Study at	Study at	Study at	Study at
7:30	Plan "X"	Home	Home	Home	Home	Home	Home
8:00	Don't List	Home	Home	Home	Home	Home	Home
8:30	Crafts	Relax	Relax	Relax	Relax	Relax	Relax
9:00	Relax						
9:30	Whatever						
10:00	Do	Relax	Relax	Relax	Relax	Relax	Relax
10:30	Nothing						
11:00	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed
11:30							



Utilizing proper note taking techniques
Cornell Note Taking Method – The 5 „R’s”

Mental health related smartphone applications assisting self-awareness

APPLE

[Sleep Cycle alarm clock](#)

[Optimism app](#)

[Time management - Your Daily Coach](#)

[Self-Help for Anxiety Management \(SAM\)](#)

[T2 Mood tracker](#)

ANDROID

[Focus booster - pomodoro \(free trial\)](#)

[Breathe2Relax](#)

[Worry Box – Anxiety Self-Help](#)

[Stop Panic & Anxiety Help](#)

[Sleep Time - Alarm Clock](#)

[Self-Help for Anxiety Management \(SAM\)](#)

[Anti-Anxiety APP](#)

How do you stress exactly?

- Test yourself - <https://www.calmclinic.com/anxiety-test/>
- How do you see stress – how do you experience it?
- What is your test response? – being mindful of your symptoms is a big asset

***Because how you think about stress
does seem to matter!***

Let's do an exercise!



Surfing the urge – dealing with stress response

- Notice the thoughts, craving or feeling
- Accept and attend to the inner experience (e.g.: how do I experience anxiety in my body etc.)
- Breathe and give your brain and body a chance to pause and plan
- Broaden your attention and look for the action that will help you achieve your goal.

Predicting failure – tracking your failure, how you fail, when you fail,

Adjust your expectations to reality

One technique: defensive pessimism exercise



- What is your goal?
- What would be the most positive outcome?
- What action will you take to reach this goal?
- What is the biggest obstacle?
- When and where is this obstacle most likely to occur?
- What can you do to prevent the obstacle?
- What specific thing will you do to get back to your goal when this obstacle happens?

Stress distorts your thinking

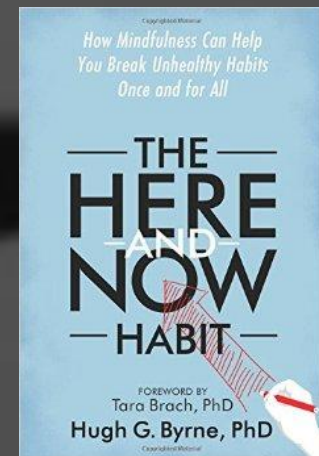
Worrying is usually focused on the future—on what might happen and what you'll do about it. - try to stay in the present instead as your symptoms of stress effect you in the present as well!

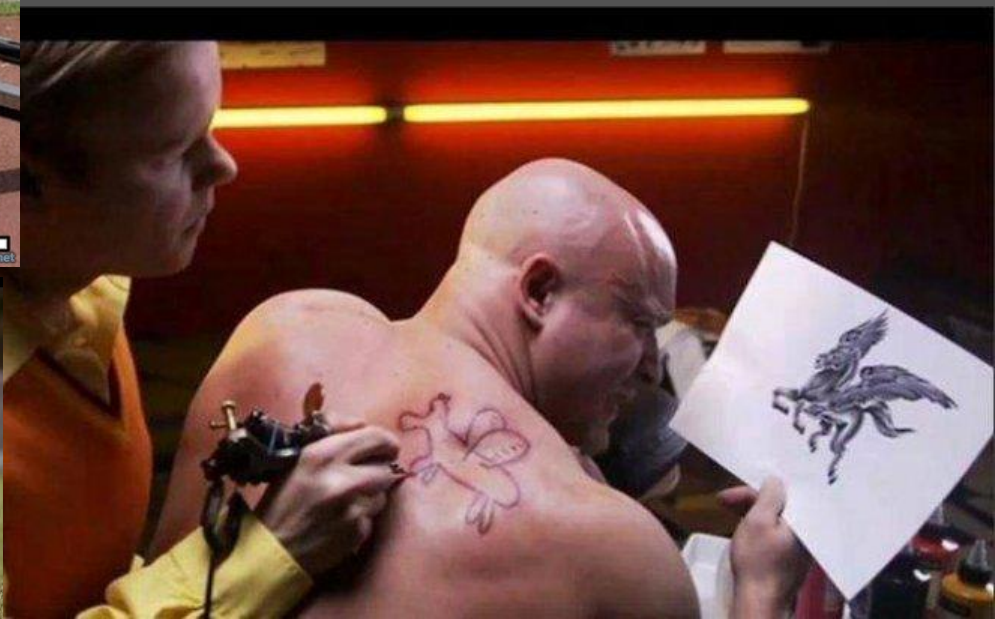
Intrusive thoughts generate anxiety as a maladaptive mechanism – cycle.
Types of common distortions:

- All-or-nothing thinking
- Overgeneralization
- The mental filter
- Diminishing the positive
- Jumping to conclusions
- Catastrophizing
- Emotional reasoning
- 'Shoulds' and 'should-nots'
- Labeling

Short video on stress and its physical effects:

<https://www.youtube.com/watch?v=v-t1Z5-oPtU>





Aftermath of failing an exam

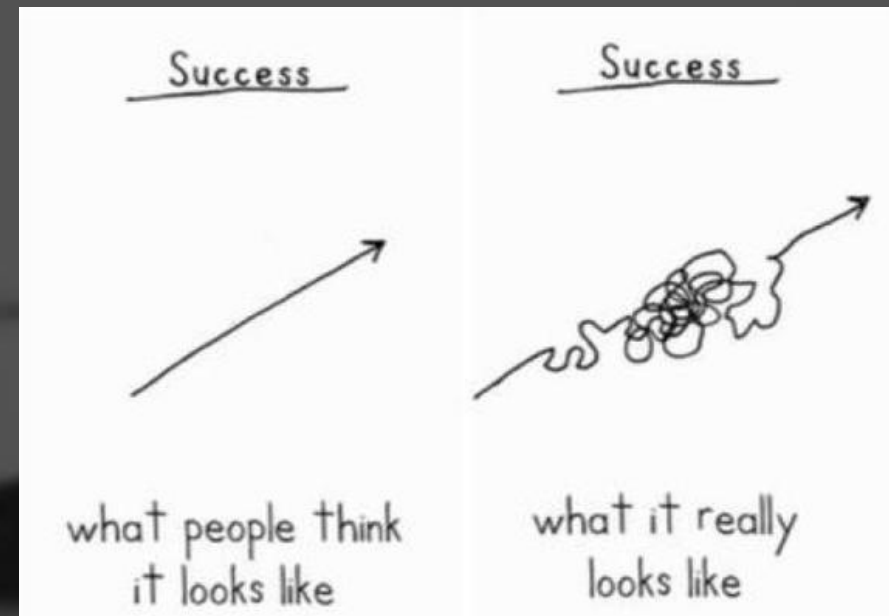
- **Suggested steps to take:**
 - Allow to feel the disappointment (anger, sadness, guilt, loss of passion to go further)
 - Level with yourself – assessment - what went wrong (*difficulties w/concept recall, definitions, studied wrong material, lack of practice, unclear expectations, focus, anxiety, ran out of time etc*)
 - Recognize shame and guilt – causes more damage
 - See if you need to take immediate action (damage control)
 - Develop a plan of attack (what will you do differently?)

Take it to one step further

- On the long run – investigate: how do you relate to yourself in regard to feeling „no good” or inadequate deep inside...
- We learn to fear failing...we don't seem to talk about failing although it happens to everyone.

Great video
on how to
relate to
failing:

https://www.facebook.com/businessinsider/videos/10153737987304071/?hc_ref=PAGES_TIMELINE



Books & further resources

Katelyn Williams: Critical Thinking - 21 Powerful Strategies to Thinking Smart and Clear, Improving Your Decision Making Skills, and Sharpening Your Logical Thinking! 2015. (audio book)

J. B. Burka; L. M. Yuen: Procrastination: Why You Do It, What to Do About It Now. 2008.

Kelly McGonigal: The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It. 2013.

Gerner, C. (n.d.). Mindful self-compassion. Accessible at:
<http://www.mindfulselfcompassion.org/>

Practical tips on what to do before, during and after tests:
<http://med.stanford.edu/content/dam/sm/md/documents/Test-Taking.pdf>

Applying progressive muscle relaxation technique when you feel tense: <http://www.mentalhub.hu/MuscleRelaxation.pdf>



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