

Recovering from Falling Behind

WITH CALM COMPASSION TAKE A DEEP BREATH AND TELL YOURSELF NOT TO PANIC, FREEZE OR IGNORE THE SITUATION WITH DENIAL/DISTRACTIONS

Consider temporarily clearing out your calendar, reduce work commitments or other responsibilities to meet your deadlines. In a kind, calm voice, tell yourself you can get help by following the steps below.

Step 1: Communicate with your instructors.

Step 2: Pay attention to deadlines and test dates.

Step 3: Prioritize assignments starting with the closest deadlines

Step 4: Work backward on missed assignments

Step 5: Talk to a NSC counselor to develop a study plan and learn to manage your schedule

Step 6: Talk with your advisor and/or financial aid to discuss your academic options