

# The 4 Cs of academic resilience

Building our ability to be academically resilient is an important part of being a student. Sometimes we'll struggle with our workload or we'll feel disappointed with our grades. That's normal but we can learn how to bounce back. Focussing on these four following areas may help build our resilience.

## Confidence

When we feel confident in our abilities, it means that setbacks won't affect us as much. To build confidence:

- Try breaking down your projects into small chunks, [this planner](#) might help. Successfully completing these smaller tasks will give you a sense of achievement and self-belief.
- Whenever you doubt yourself, you can think back to something you did well for reassurance.

## Control

Gaining control over our learning can allow us to feel more comfortable with our academic tasks. Some of the following tips may help:

- [Use My Learning Essentials](#) to brush up on your study skills.
- Check your feedback from previous work and write down how to improve for the next time.
- Arrange feedback meetings with your lecturers.

## Commitment

Sometimes when we face setbacks, it's tempting to just give up. Reinforcing your ability to stay committed even when times are tough can make you more resilient. Try the following:

- Use a goal planner to keep track of what you want to achieve.
- Write down why your goals are important to you when you start out, so you can refer back to that when you feel like giving up.
- Monitor your progress and reward yourself for even small achievements.
- Talk to your coursemates to encourage each other through difficult periods.

## Composure

This relates to minimising the impact that disappointments have on our mood. There's a few important points to remember:

- Mistakes are an important part of learning and being a student, they help us to grow.
- Experiencing a setback does not change your worth as an individual.
- Success is personal, don't compare yourself.
- Use this planner to make sure you're looking after your wellbeing.