

# Comeback Strategy








This guide will help you create a personalised action plan to improve your studies and tackle any challenges you faced last semester.

There are five components to a Comeback Strategy:



The template below is your go-to tool to self-reflect, understand your challenges, set achievable goals, and take the first step towards achieving them. Let's turn things around together.

**\*Top Tip\*:** Review our example on the next page if you need some inspiration and guidance.

Text in <b>BOLD</b> represent an action in your Comeback Strategy Plan	
 <b>Step 1</b> Recognise My Challenges	Why was it difficult for me to pass my unit/s? What are some of the things that may have caused this? (e.g., staff shortage at work, etc)
 <b>Step 2</b> Set My GOAL	What are some positive things I want to achieve this semester? (e.g., pass all units, improve skills in an area of study, etc)
 <b>Step 3</b> My Action Plan <i>Tip: Insert date/time to your plan accordingly to monitor progress.</i>	Looking back at the challenges and goals, what are some steps I can do to make sure I can achieve these goals to the best of my ability? (e.g., seeking support to care for children, reducing study load, etc)
 <b>Step 4</b> Seek Support	What support can I access from CDU and my support network so I can successfully implement my action plan? (e.g., speak to Course Coordinator/ Lecturer and get academic advice, online tutoring, resources for academic writing, etc). Free CDU support services at <a href="https://www.cdu.edu.au/life-health-and-wellbeing">Life, health and wellbeing   Charles Darwin University (cdu.edu.au)</a>
 <b>Step 5</b> Monitor & Evaluate Progress	How will I recognise success? By when do I intend to achieve these? How can I keep myself accountable to meet these goals? Tip: Put in ideas for small celebrations and/or inspirational reminders.

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Example:

Jane is in her second year studying for a Bachelor of Social Work. She's a part-time student, and in the last semester, she faced challenges passing two out of three enrolled units. As a single mum taking care of three children, finding time and energy to study and complete assessments on time have been tough. Her stress levels have increased due to exhaustion, pressing deadlines and coursework requirements.

To help Jane get back on track and refocus on her goals, she needs a Comeback Strategy. By creating a specific action plan with tailored strategies and support, she can improve her study performance.



Text in BOLD represent an action in your Comeback Strategy Plan	
<b>Step 1</b> Recognise My Challenges	<ul style="list-style-type: none"> <li>&gt; Worked too many hours as I needed to cover shortage of staff</li> <li>&gt; Family commitments – had to take care of underage children</li> <li>&gt; Felt an increased stress level due to exhaustion from work and family commitments</li> </ul>
<b>Step 2</b> Set My GOAL	<ul style="list-style-type: none"> <li>&gt; At least pass all units this semester</li> <li>&gt; <b>Submit</b> all assessment before the due date</li> </ul>
<b>Step 3</b> My Action Plan <i>Tip: Insert date/time to your plan accordingly to monitor progress.</i>	<ul style="list-style-type: none"> <li>&gt; <b>Enrol</b> in 2 unit only for semester 1/2024</li> <li>&gt; <b>Increase</b> study hours from 10 to 15 hours per week</li> <li>&gt; <b>Reduce</b> work hours – Do not take any extra shift</li> <li>&gt; <b>Breaking down</b> study sessions into 1-hour blocks for each subject</li> </ul>
<b>Step 4</b> Seek Support	<ul style="list-style-type: none"> <li>&gt; <b>Reach</b> out to supervisor to discuss more manageable working hours</li> <li>&gt; <b>Schedule</b> meetings with Lecturers/Course Coordinator to discuss challenging areas</li> <li>&gt; <b>Share</b> my plan with family for encouragement and accountability</li> <li>&gt; <b>Attend</b> tutoring sessions for specific units             <ul style="list-style-type: none"> <li>- <b>Explore</b> online resources and textbooks to reinforce understanding</li> <li>- <b>Contact</b> Language &amp; Learning for one-on-one peer consultation</li> </ul> </li> </ul>
<b>Step 5</b> Monitor & Evaluate Progress	<ul style="list-style-type: none"> <li>&gt; Regular check-in to <b>review</b> progress every two weeks</li> <li>&gt; <b>Adjust</b> the plan if certain study methods proved ineffective</li> <li>&gt; Make <b>necessary adjustments</b> to stay on track with this/the plan</li> </ul> <p><b>Note to self:</b> Improvement takes time. Have a positive mindset and focus on progress made. Celebrate small achievements– completion of assignments on time. I got this!</p>