

Worrying About School Grades

Objective

To identify when you are worrying excessively about your grades and learn a technique to decrease your worrying.

You Should Know

All students worry about grades. It's only natural. However, some students find that they are so anxious about their grades that they have trouble sleeping, eating, and concentrating. Some students worry so much that they start to experience physical problems like stomachaches or headaches. Some students start using alcohol and drugs to cope with the stress.

So, a little worrying is perfectly normal, but excessive worrying about grades can cause lots of other problems, and ... YOUR WORRYING DOESN'T HELP! You may even find yourself spending so much time worrying about grades that it keeps you from studying, and obviously that's not what you want.

This worksheet will help you identify if you're worrying too much about your grades, such that your worrying and anxiety has become a problem. You will also learn a technique to deal with intrusive worries and cause distress.

Note: Some people have a tendency to worry more than others, but you don't have to let your worries run your life. If you worry about a lot of things, not just grades, make sure that your parents, teachers, or counselor knows that this is a problem for you.

What to Do

You will know that you are worrying too much about grades when your worries are present all of the time and you can't get rid of them. We call these worries "intrusive thoughts" because they intrude on your normal activities, just like a pesky sibling might keep bothering you with interruptions.

There are five steps to dealing with excessive worries about grades. *The general idea is not to fight these worries and try to get rid of them, but rather just accept them for what they are.* When you learn to accept your worries rather than resist them you will soon find that they become less important in your life. Here are the five steps to help you deal with excessive and intrusive worries about your grades.

1. Label your worries as "just thoughts." You can be aware of your worries about grades, but understand that they are just thoughts you are having. You don't have to respond to them. What does this mean? Imagine that you are looking at Instagram and you notice

Reflections on This Exercise

How has this worksheet helped you with your worrying about grades? Describe.

Has anything else helped?

What is your next step in controlling your worries?

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What was the most surprising thing you learned from completing this worksheet?
