Recall a **memorable** **failure/mistake you made** in your academic life – spend a few minutes on trying to recall details surrounding the event. If you are done, scroll down and please answer to the following 5 questions.

1. As you began to recall this event, what are your immediate feelings, emotions and thoughts about it?

1. Describe the main circumstances of the failure briefly (when did it happen, what did you do, how did you do it, was there an expectation and reaction from yourself and others, explain how you felt)

1. After some time, you still remember this failure – what made it so memorable?

1. Is there something that would have helped you processing this failure right after it happened?

1. Did you learn something from this failure? What did you learn from it? How long did it take? Does it affect you today?