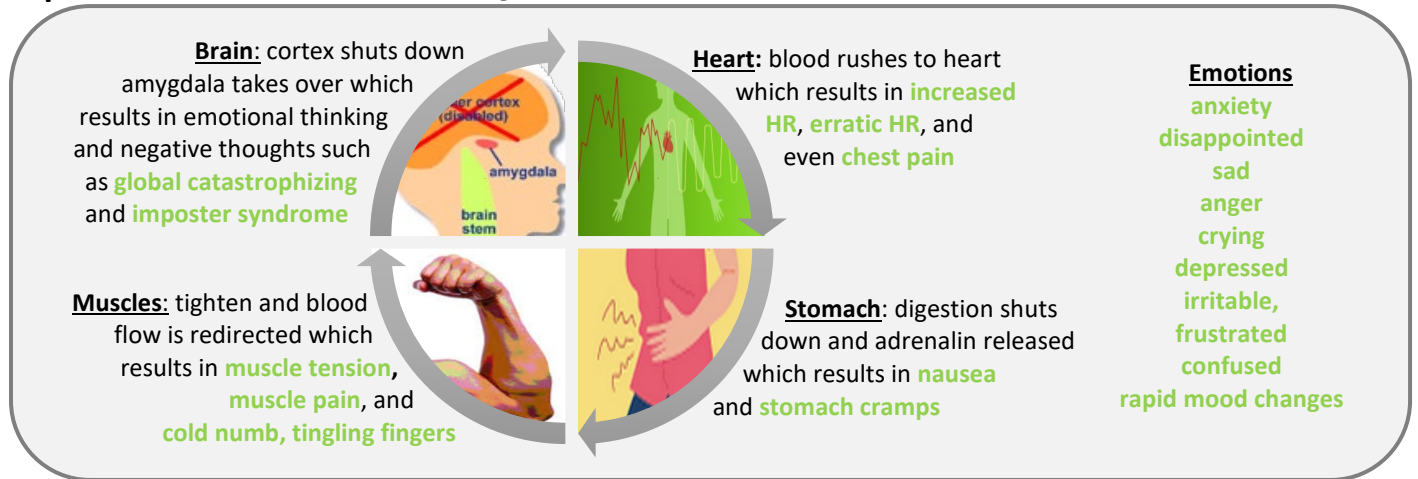


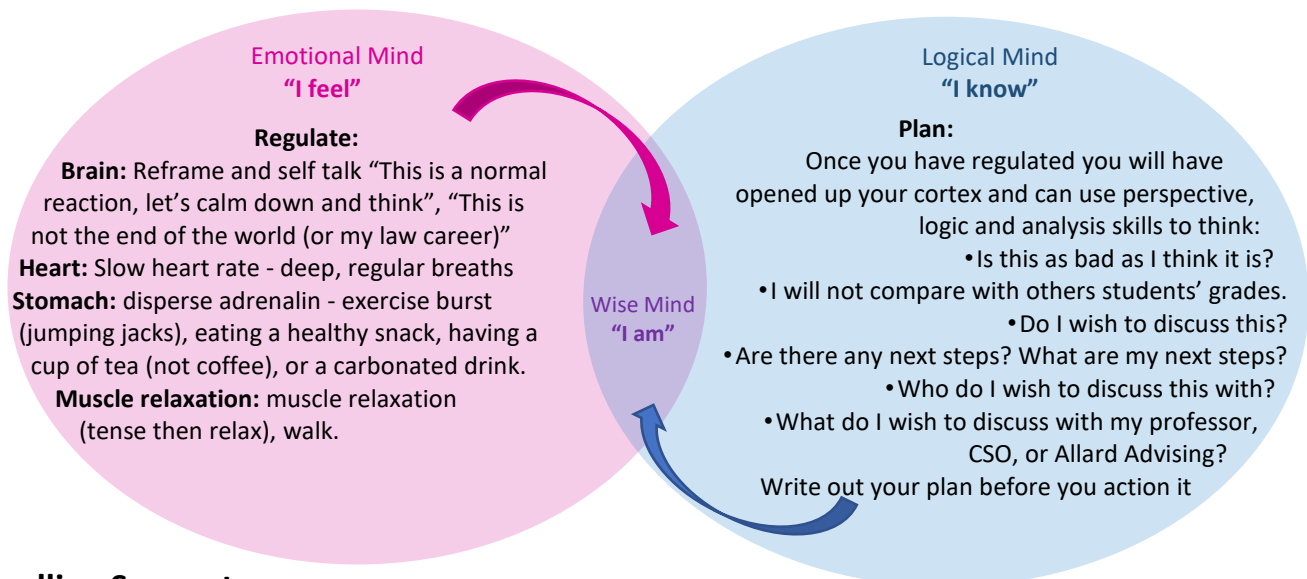
If you are disappointed with your grades:

Validate: Disappointment feels this way, it's ok to have strong emotions.

Stop and be aware: What am I feeling?



Regulate and Plan: Take time to try these in the moment strategies to counter the stress responses to regain your balance and be able to think:



Counselling Support:

If you need counselling support on Friday 13th:

- Anna is away from the office on Friday but in her absence, you can connect with UBC Counselling Services for a same day drop in (as available). They are aware that Anna is away so please identify yourself as a law student.
 - Anna will return to the office on Monday May 16th. You can email her for an appt kline@allard.ubc.ca or you can connect with Cherry Chiu, Student Services Program Assistant and she will schedule you in chiu@allard.ubc.ca.
- [UBC Student Assistance Program \(SAP\)](#) 1.833.590.1328 (In Nth America) 1.604.757.9734 (Outside Nth America) a 24/7 UBC student community counselling service providing immediate counselling support.

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