komodo

Cope ahead plan - Exam & assessment time

A cope ahead plan is a strategy to help you prepare for and handle tough situations. This helps and supports your ability to manage your emotions and behaviors when facing challenges or difficulties. A cope ahead plan focuses on what you know about yourself and the strengths and strategies you have.

Step 1: Describe the situation

Take the time to describe or imagine the situation/s you have coming up. Ask yourself what might be difficult? What do I need to be aware of? Think of what thoughts, what behaviours, what environments might make this difficult.

Step 2: What skills will help me cope?

Take the time to think about what preparation can be done before the event/situation? Ask yourself, what have I tried before that could help me. Think of what thoughts, behaviours, people or planning strategies you could use.

If we practice when it's easy, it's easier when it's hard.

Step 3: Practice your plan

Take the time to think about when you can put this plan into practice before the situation/event occurs.