

## ACTIVITY 4.4 A PREPARING FOR UNCERTAINTY

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Think about occasions when you have had to deal with unexpected situations, either in your personal life, student life or at work. Keep a log or diary of daily events, together with your own reflective comments. These can be added to the 'Notes' section of your Portfolio.

Complete the two charts below and add the completed activity to your Portfolio.

**1. Well handled situations.**

Briefly note details of something unexpected that happened to you where you feel you handled the situation well.

What happened?	
How did you respond? Thoughts? Feelings?	
What strategies did you use for dealing with this unexpected situation?  Could these be used in other unexpected situations?	
What did you learn about yourself from this event?	

**2. Inadequately handled situations.**

Briefly note details of something unexpected that happened to you where you feel you did NOT handle the situation well.

What happened?	
How did you respond? Thoughts? Feelings?	
What strategies did you use for dealing with this unexpected situation?	
What would you do differently next time?	
What did you learn about yourself from this event?	