

# How to make an academic comeback

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It's the Sunday after your exam weekend. You've enjoyed living by the “ignorance is bliss” philosophy for the past two days. However, right now, you're in class, and the light seems too bright as you stare down at the result sheet in front of you. The red ink depicts two earth-shattering numbers placed together; you can't even imagine that was possible from you. The previous straight A's have brutally diversified themselves.

As uncomfortable as this might be, the very anatomy of academic recovery is built on understanding that this is neither an endpoint nor a reflection of competency. It calls for a realistic, intentional rebuilding of your approach because, without structure, all potential and hard work gets lost in translation.



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## Sit with the disappointment before trying to fix it

A bad grade deserves honest grief in order to metabolise into progress. A grief that diligently recognises a mistake or misunderstanding, not a measure of competency. Suppressing disappointment or redirecting it for a self-deprecating narrative often leads to frantic corrective steps that backfire and fuel the very loop you're trying to escape. Allowing yourself a slow, quiet day that creates enough distance for a deliberate response rather than a panicked one sets you up for a sustainable recovery.

### **Audit the semester you just survived**

Rushing forward without diagnosing what habits or repetitions held you back is a fragile, unstable step. Recovery requires an unflinching look at what went wrong. It can range from things like ignoring past papers, prioritising extracurricular activities, and making passive notes to doomscrolling, procrastination, or an unkind sleep schedule. Even top-tier Feynman study tips become unproductive if you're still progressing with patterns that work against you.

### **Don't just guess where you went wrong**

Sometimes, it's hard to see your own blind spots. Teachers are often an underused resource in such circumstances. Many students shy away from asking additional questions, clarifying confusions or seeking guidance on performance. An external perspective from a teacher or even a peer who excels in a subject can highlight things you might miss. Reach out to teachers of subjects that consistently give you an unforgiving time. Ask where marks were lost, what examiners were looking for, and how your answers could have been strengthened. Ask your peers about where focused effort is most likely to make the biggest difference for you.



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## Are late night study sessions effective?

### Close the gaps before moving ahead

Progressing without fixing conceptual gaps only compounds the problem. As the second semester starts, this will be your foundation. A pivotal aspect of recovery is strengthening what you've already learnt to prevent future confusion. Revisit key materials from the previous semester and ensure you genuinely understand core concepts before moving on.

### Experiment until it fits

Colour-coded timetables, 5 AM routines, and "study like me" videos often feed into the productivity delusion and myth of "one method fits all." Even more so, it sends you out onto a rabbit hole of hours of resource-scavenging, which ultimately just leads to an overwhelming loss of sight.

Study methods are not universal laws of physics. What works brilliantly for one student may completely fail another. What works well for a technical subject may be useless when applied to a humanities subject, or it may also sometimes unknowingly work out nicely. This part of recovery is a game of trial and error until you find a realistic, effective and sustainable strategy.

Instead of chasing productivity myths, experiment deliberately. Give yourself a two-week trial period for different methods, prioritising weak areas first. Track what actually improves understanding and not what looks impressive in a planner.

If academics feel circular, that's because they are. Learning tends to turn back in on itself, tracing familiar paths in new, sharper, truer light. A quiet return to fundamentals, followed by forward motion informed by experience. Like an ouroboros, the end feeds the beginning. The manual you thought you missed was never handed out in the first place; it's written slowly, in margins and mistakes, revisions and retries. What feels like starting over is often just returning with better instructions. And this time, they're yours.

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