

I get confused when ...

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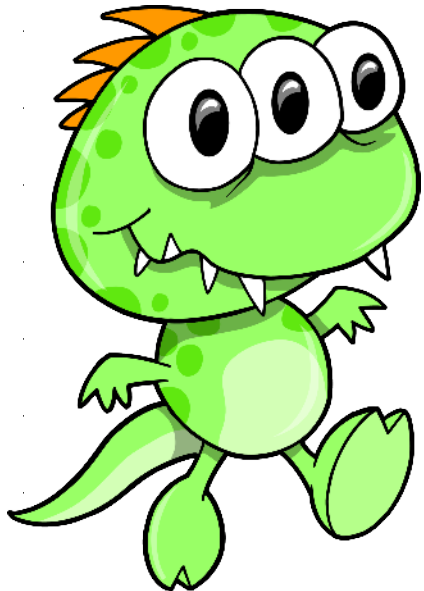
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Confusion Busters

Here are some suggestions for when you feel confused. Tick the box if you think they might be useful for you.

- * Ask for help from an appropriate person
- * Look for more information
- * Take a deep breath and start again

Can you think of some more ideas? Write them down below.

~ My Ideas ~

