#### **GUIDELINES FOR EXAMINATION**

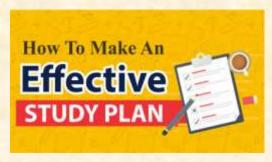
#### **Dear Students**

Adopting the right approach while preparing for your examination would not only improve performance but also reduce anxiety/stress related to the upcoming **Final**/**Board Examination**.

# **PLANNING**

Creating a study plan is the first step to systematically prepare for any examination.

- List down the name of the subjects and topics.
- Chart out number of days before the exam and assign to each subject strategically.
- Fix your learning targets per day and set your study hours accordingly.
- Review your progress & modify your plan if required.





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# **ORGANIZING**

Your **Self-Study** area needs to be **well-organized** so that you are able to focus at your best level.

 Select a room /corner of your house which is quiet & well illuminated.



- Arrange everything that you require for studying (like your books, notes, worksheets, laptop etc).
- Keep aside your all other items that are distracting
- Study attentively according to your self-study plan

### **SELF STUDY**

Regular **self study** is **essential** to improve your performance.

- Devote sufficient time to the subjects which you find difficult.
- If you are studying 3 hours or more at a stretch, take a short break of 5-10 minutes.
- Revise your lessons on the day before examination & avoid learning new topics /contents at the last moment





## **PRACTICE**

Studying remains incomplete unless you practice applying what you have learnt





- After completing a chapter / lesson in any subject, solve questions related to that.
- Solve test papers /practice papers after completing your syllabus in every subject
- Continuous practice would enhance your speed & accuracy in solving questions.

# **HEALTH CARE**

As this is the time for **seasonal transition**, take good care of your health to **prevent illnesses**.

Stay hydrated by drinking enough water and fresh fruit

juices.

• Stay active through moderate exercises /yoga.

- Dress appropriately according to the weather conditions.
- Stay protected from mosquitoes
- Get adequate sleep (5-6 hours) at night before the examination day so that your brain remains alert during the examination.
- Keep your surrounding clean and



maintain highest standard of personal hygiene.

 Avoid unnecessary travelling and prefer to use mask if you are exposed to large gathering.

# **DAY OF EXAMINATION**

You must be prepared to write your examination.

- Get ready early and arrange your requirements.
- Reach your school / examination centre on time so that you get enough time to settle down before the examination begins.
- Read the questions and instructions carefully
- Set expectations according to your preparation.
- Avoid getting stressed / panicked as it would deteriorate your performance.

Give your best and remain focussed on improving yourself. Good Luck!.





FINAL