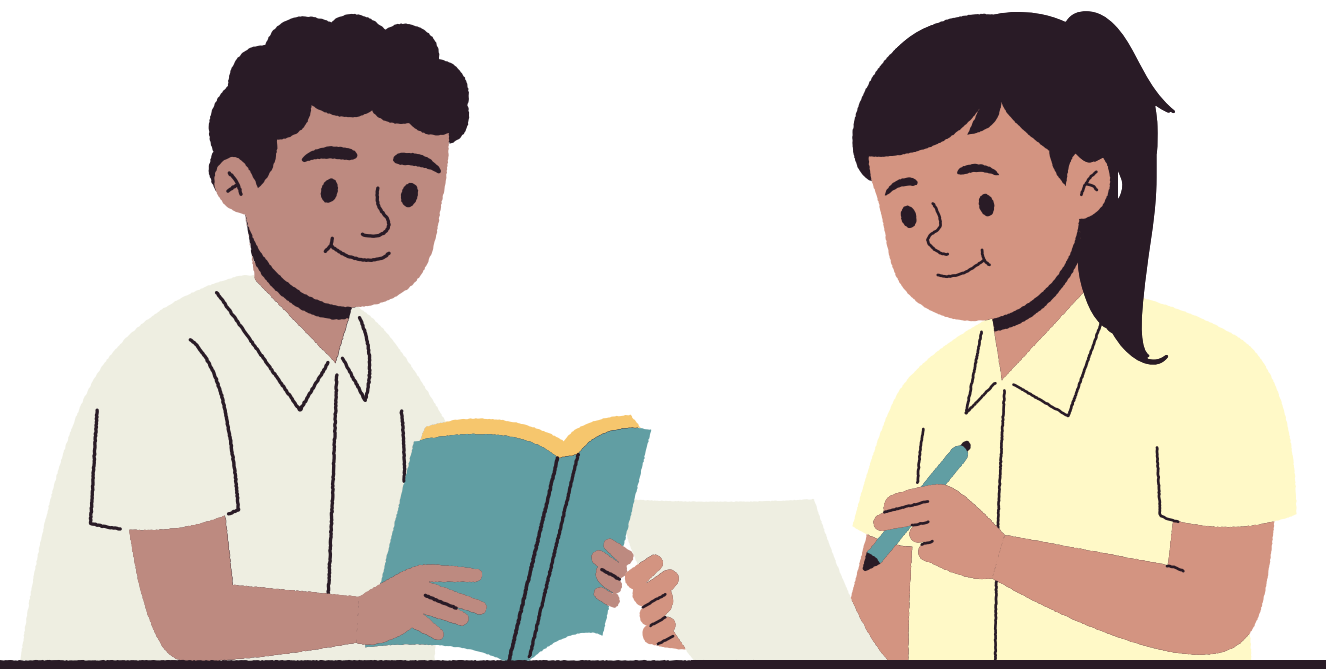


EXAM TIPS

A GUIDE FOR STUDENTS



SET REALISTIC GOALS



Break the portions into chunks and be realistic about how much you can complete in a given amount of time. Overestimating or underestimating your capacity will only lead to confusion and frustration

COMMUNICATE

If you are feeling overwhelmed, talk about it with anyone you trust. It can be a huge source of comfort and catharsis to just talk about your feelings with someone close to you



DO NOT BE ANXIOUS ABOUT THE RESULTS



Even before you have seen the question paper and attempted the exam, if you are anxious about the results, it will only create more chaos in your mind. Reassure yourself that you have studied to the best of your capacities and you will attempt the exam earnestly. Success is always a byproduct of hard work and dedicated effort, not of anxiety and stress.



MAINTAIN A HEALTHY ROUTINE

Make sure to eat and sleep well and on time. It is important to maintain a good physical routine so that you have the energy to study and face your exams



TAKE REGULAR BREAKS

Breaks are extremely important for you to cool off and refresh before you get back to studying. Take regular breaks in between your study schedule and do things you like.

Take a walk and get some air, talk to a friend, listen to some music- do anything that takes your mind off academics and refreshes you. Exam stress begins from the time you need to start studying for them, so it is important to keep yourself motivated throughout.



ORGANISE YOUR SPACE

If you are someone who prefers to study in a space that looks neat and systematic, then create such a space for yourself before you begin studying. Make your study area solely yours and make sure it is comfortable enough for you to sit and study in.

