

Students and Exams

“Days of examinations are never dear, but why fear when god is near”. Yes, students, be it of any age or any country do fear exams, but if they keep themselves cool and calm and treat examinations as a milestone to reach their desired goal they would definitely come out successful. Here are some common tips which if followed can lessen their anxiety and stress related to exams.

- Believe in yourself, once you have done your studies have self confidence that you have put in your efforts and will succeed.
- Follow a proper timetable; timetable should have sufficient time not only for studies but also for relaxation. Take frequent breaks to recharge yourself and don't feel guilty about it.
- Eat well and sleep well. Avoid junk food and never ever go for examination empty stomach because hunger pangs would lead to acidity which will for sure hamper your performance. Have a good night sleep for at least 6 to 7 hours so that you are fresh for your exams.
- Check your requirements related to stationery etc. at least two days in advance and always carry extra pen, pencil, eraser and other writing material.

- Have positive thoughts and positive environment at home.
- Don't get into any superstitions like- if I wear particular stone or go to a particular shrine or wear particular color I will have a good luck and will perform. Your performance only depends on your studies and your hard work.
- Don't get influenced by your so called friends, their way of studies, their quantity of studies etc. Everyone has his own strengths and weaknesses, so follow your strength and try to overcome your weakness.
- Don't ever adhere to unfair practices like copying from someone or carrying chits etc. it will not help you either ways, if you are caught you will lose the whole year as well as lose the respect in the society of your friends. But by any chance if you are not caught you can never be proud of your achievements, your conscience will not allow you to enjoy your success.
- Before leaving your house keep yourself calm, say a short prayer and take the blessings of the elders , mind you this is not superstition , it creates positivity.
- Once you are in the examination hall, be calm and start your paper. First try to attempt the questions which you know very well and later on without panicking start looking into the challenging ones and be always cautious about the time management.

- After you finish your paper leave the examination hall with a positive note and make yourself ready for the next paper.

‘You do your best and God will do the rest. All the best for your exams.’

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