

TAME THE MONSTER called EXAM FEAR

Its Festive time. ' Festival of Exam' where we celebrate outcome of our knowledge ,skill, hardwork and experience. At the same time its time of Exam stress. Just small change in our attitude we can make a huge difference. Lets find ways to tame this monster called Exam stress

1 Leave habit of procrastination i.e I will do it tomorrow because each passing day will add in your piled up

syllabus .



2 Donot compare yourself with your friends,Discuss doubts not progress of learning each one have different

pace to learn. With consistent efforts you can win the race like



3 Say goodbye to negative feelings. You become what you think of.If you have prepared well feed your mind

with positive thoughts.



4 Invest your time in Physical activities,yoga,Dance or music or do some meditation or simply press stress

ball or talk to your family to get rid of physical and mental stress



5. Do not refer to too many books just because your friends are doing so. Understand the concept and learn through 3RQ Read,Learn,Revise and attempt sample question .

6. Use Text,Teach and Misc(Read text,Teach your friend, Attempt Miscellaneous questions) to remember .

7. If you have nervousness and feel blank during exam just close your eyes and do deep breathing it will

calm you down and help your brain to recall.



8. If you feel that there are questions in the paper which you don't know, do not get panic because you will lose your concentration and will do mistakes in the questions which you know. Concentrate on scoring well in what you know.

8. Stop imagining the worst , Just tell yourself **you can do it**

9 Do not discuss your paper after exam, Prepare for next .

10 . Don't study to score but study to understand .Read your chapters thoroughly. Success in life is defined by

how you apply your knowledge.

All the Best and Happy New year

