

Beating Exam Stress!!

- ◆ **Revision Tips:** Develop a realistic timetable to monitor your progress. While revising, vary subjects and their difficulty. Work on your most difficult subjects during your 'peak' periods.
- ◆ **Schedule regular breaks** i.e. after about every 45 minutes.
- ◆ **Try to get enough sleep** – at least seven hours. Tiredness promotes anxiety.
- ◆ **Stick notes all around:** Write out important dates, facts or passages, use lots of coloured pens and underline key phrases. Stick them around your bedroom (e.g. mirror, study table or inside a cupboard) in places where you'll often see them. Go back over these notes a day later, and then a week after that.
- ◆ **Pay attention to your diet:** Avoid caffeine (tea, cola drinks, coffee & chocolate), which in large doses can cause tension and anxiety. Drink plenty of water.
- ◆ **Practice relaxation techniques:** Deep breathing, meditation and yoga help your body relax and reduce stress. Alternately, take a brisk walk in fresh air after your day's revision is over. *Avoid television and loud music.*
- ◆ **Revise with friends** -However, avoid people who are obviously panicking. It can be contagious!
- ◆ Try not to have post mortems on each exam, as this can also increase your anxiety about later papers.
- ◆ **Resist Comparisons with the exam preparation of your classmate**
- ◆ **Practice Negative Thought Stopping:** Banish negative thoughts by visualizing a STOP sign and saying forcefully "Stop!" Follow this exclamation with a positive saying such as: **"I am capable, competent and in control!"**

Cracking Boards –Some tips

- English can make or break percentage-100%
- Neat presentation and specific answers
- Grammar is scoring
- Master rules of reported speech and Procedure writing (7-8 marks)
- Give only one word for synonym/antonym
- Complete each section at one place
- Attempt all questions neatly- manage time (2 half answers are better than one complete answer)
- Time shortage-write main points and headings
- All questions of one section should be attempted together
- Be specific in answering
- **Social Studies**
 - Economics is easiest (18 marks)
 - Nationalism in India maximum weight age (6 marks)
 - Geography- Transportation has 4 marks.
 - Practice maps- they are scoring