

BEAT THE EXAM

THE DAY BEFORE: -

What do you do one day before the exam? If the week before was tough, how would you rate this? Absolutely, terrifying! Can't concentrate, can't eat, and can't sleep...this just about sums up the day! Your parents will of course advise you not to worry, but that is much easier said than done. While it is natural to worry at a time like this, keep your feelings under control. After all, there are a number of important things that you need to take care of today:

- Use a checklist to collect things that you will require for the exams. For example, your admit card. Pens, pencils, erasers, pencil sharpeners, pencil box, drawing instruments etc. if you take some kind of medication, then arrange for that also. Keep all your things in a safe place where they can be easily found.
- Revise only for the exam that is scheduled on the next day. Scan your notes and textbooks for main points. Pay particular attention to information like important formulas and facts that you have difficulty recalling.
- To minimize exam anxiety, avoid gossiping about your preparation and state of mind with others.
- Double check your plans to get to the exam hall in time. Allow an extra half hour to ensure you reach in time and have a few minutes to relax before starting.
- Go to bed a little earlier than usual. This way, even if you do not sleep well, you will get enough rest.
- When it comes to meals, eat a little less than usual to feel light and agile.
- If the exam is scheduled early the next morning, use an alarm clock to help you get up on time.

CONTROLLING STRESS: -

When you are faced with a difficult situation, it is only natural that you feel stressed. In fact, some amount of stress might even be beneficial – it spurs you to perform better. For example, runners, athletes, and yes, soldiers too use stress to perform beyond their natural physical and mental limits.

However, problems arise when stress becomes unmanageable. Unfortunately, that usually happens on the day of the exam! Your mind might cease to think clearly and goes blank. Ultimately, you end up making careless mistakes, or forgetting information.

Here are a few things you can do to keep stress in control on the day of the exam.

- Do not think about the exam results, or the exam itself. Try to think pleasant thoughts about things you can like such as your pet, chocolates, sweets, sports or pleasant environments.

- As far as possible, try not to discuss the exam with others. This helps to keep exam anxiety under control.
- Remind yourself that it is just an exam. Even if you do poorly in this one, there will always be another to help you make up.
- Ensure you breathe properly and take long deep breaths. This helps your oxygen intake and relieves stress. During such exercises, clear all thoughts out of your mind and concentrate on your breathing.
- If you like to pray, you might like to close your eyes and say a short prayer. This might give you extra self confidence and peace of mind.

BEFORE THE EXAM: -

Here are a few things to take care of you before the exam.

- Try not to study on the morning of the exam. You will only succeed in confusing yourself, or creating anxiety.
- Get up at your usual time.
- Freshen yourself with a nice bath.
- Wear comfortable clothes and shoes.
- Eat a good breakfast, but not a heavy one. Do not forget to eat at least something.
- Collect your things for the exam, be particularly careful about your admit card.
- Leave for the exam destination in time. See that you arrive at least half an hour before the exam begins.
- Try not to discuss your exam with anyone. Move away from groups of people who may be gossiping or talking about distracting issues.
- Go to the bathroom or drink water before going to the exam hall.
- Finally make yourself comfortable at your desk. If you have problems with your location, contact your invigilator and request him or her to help you.

DURING THE EXAM: -

There are a number of things that you can do to ensure that everything goes smoothly during the exam.

- Follow directions to fill in the details on your answer sheet. If in doubt, contact your invigilator.
- Ensure that you have the correct exam question paper.
- Attempt the question paper by following the correct strategies for different types of questions. Focus only on the exam. Even if the exam seems tough, concentrate fully on doing the best you can. Do not think about the exam results at all.
- Do not talk or look at other students.

- Do not cheat. At the same time, do not allow others to cheat off you. In the eyes of the invigilator, helping others to cheat is just as much an offence as cheating yourself.
- Avoid going to the bathroom, as far as possible by doing this beforehand.
- Keep an eye on the time available to you. Ensure that you finish your work at least five minutes before the deadline.
- Before submitting your answer sheets, make sure that all loose sheets are neatly tied together and the correct details noted on all answer sheets.
- Before leaving make sure that you pick up all your things.
- Finally thank the examiner.

AFTER THE EXAM: -

As you leave the exam hall, depending upon how you have performed, you may feel many different emotions. Just stay clear of that group over there discussing the exam. After all, you would not want to be infected by the “anxiety virus” again. Anyway this was just the first attack by the enemy – there are more to come. And just you have dealt with this one; you will deal with the rest.

REMEMBER: -

- Try not to discuss your performance with others. After all, what has happened has happened. Why allow yourself to feel anxious about something you can do nothing about and spoil your mood for rest of the day?
- Go home and tell your family members about how you did. This will help you relieve yourself of some of your post-exam blues and cheer you up.
- Do not sit down to study again straight away. Take a break – eat something, take a stroll, watch TV or simply take a short snooze.
- After you are back and refreshed from the break, look at the exam timetable. Find out the details about the next exam.

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PRINCIPAL