

EXAM STRESS- DON'T LET IT STRESS YOU OUT...

A Week before the Exam

- P** = Preview
- Q** = Question
- R** = Read
- S** = Self recite and summarize
- T** = Test

A Day before the Exam

- Revise the points thoroughly. But do not overburden yourself by reading the entire syllabus.
- Have a good night's sleep. Do not study late into the night.
- Exercise as usual or go out for a walk.
- Check out the location of your examination centre and estimate travel time.
- Plan to reach the hall atleast 45 minutes before time.
- Keep your full uniform ready for tomorrow.
- Make a Photostat copy of your admit card.

Before Entering the Hall

- Don't do last minute reading.
- Keep yourself calm, composed, cool and positive.
- Check if you have your admit card/roll number and other essentials like pen, ruler, eraser etc.
- Insure that you do not carry any unwanted piece of paper.
- Do not carry your mobile phone or i-pod.

In the Hall

- If you're feeling anxious, relax yourself by taking deep breaths.
- You could say a little prayer to yourself before you start.
- Do not hurry yourself into reading the question paper.
- The cooling period is appropriately named. Utilize the 15 minutes of your reading time effectively.
- Fill your necessary details on the exam form correctly.
- Don't get distracted by what others are doing. Stay focused.
- If confused with the question, leave it and come back to it later.

Out of the Hall

- Don't do a post-mortem of your paper.
- Plan for the next paper with a positive attitude.
- Relax yourself at home.
- Resume studies when fresh.

Days in Between Examinations

- Take good care of your lifestyle. Do not under-sleep.
- Maintain some light exercise schedule per day.
- Relax by talking to friends, sharing time with your family.
- Take short breaks.
- Stick to the **PQRST** mantra.



Good Luck

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