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**LAKSHMIPAT SINGHANIA ACADEMY  
12-B ALIPORE ROAD, KOLKATA 700 027**

**EXAMINATION TIPS**

You all are responsible young adults with dreams and aspirations.

Exams are right here.

An intelligent and calm approach is the right attitude to have. You have been preparing for some time now and there is no possibility of forgetting everything suddenly. It never happens like that. You can recall and remember everything if you stay calm and fearless.

Study happily and with proper time management. There is no substitute for hard work. Solve sample exam papers, monitor the time. This will help you check your speed, efficiency and productivity. At this stage you all know a lot but more than knowledge it is how you maintain your productivity for three hours in the examination hall.

Cell phones and lap tops best avoided as they can break your study rhythm and getting back the same concentration scale can become difficult and time taking too. You could consciously take a break at some intervals and make relevant phone calls.

Judge yourselves honestly on the basis of your strengths and weaknesses. No need to compare with anyone. You are in competition with only yourselves. Forget everyone else. **Keep yourself away from any kind of temptation while taking your examination which may have large implications on your future.**

Have realistic and achievable targets.

Parents unknowingly say things that make you fear examinations. They probably mean the best for you as they love you unconditionally but don't realize the negative impact of some statements and instructions. They care for your wellbeing and you must communicate with them without fear. Comparisons drawn with other children should not be taken to heart.

A big No to conflict, confrontations and alliances that give you stress and anxiety. Put these issues on the back burner and resolve them later.

Don't fear the fear. Palpitations, parched throat, anxiety are normal in a reasonable measure.

Go through your exams with effective preparation plan, confidence and a smile.

Best of luck children, we care for you all.

God bless!

**Meena Kak  
PRINCIPAL**

**March 4<sup>th</sup>, 2017**