

Cir./2016-17/102

March 4, 2017

**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 4th, 2017

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

A SUCCESSFUL CHILD = EFFICIENT PARENTING

If you wish your child should sit and concentrate on one thing at a time without getting up, parents then there is a secret to it.

A child responds to instructions differently than an adult. We as adults understand beginnings, ends, targets and deadlines and complete a task. A child takes it differently. He completes a task only if it is made interesting and fun. Children get bored and restless especially before and during examinations.

They have high energy and cannot sit in one place for 2 – 3 hours to study. They need to spend this energy. They don't care for instructions / time tables / schedules if there is no fun incorporated in their work. And if there is fun, they'll love to do whatever they are asked to do. Engage them meaningfully. Some energizers have been suggested to infuse them with vigour and interest and will make studying a happy event.

Parents, an earnest request - Please do not judge them or compare them to your friends' or relative's children. Resist from sharing information with your friends and relatives about your child – good or bad. Let, them feel that you love them and that your adulation and affection is not linked to their performance alone.

We had a little talk with our students to energize themselves during their upcoming examinations.

- Study for yourselves. Be responsible for your work as you are studying for your sake, not for your parent's sake.
 - Break the study time into some fun breaks and have titles for them like – CHOOSE WHAT YOU LIKE.
 - # Nimboo pani break – 15 minutes
 - # Horlicks hour - 15 minutes
 - # Wash room emergency - 5 minutes
 - # Snack time - 10 minutes
 - # Walk-in-the-house - 10 minutes
 - # News of the day – TV Headlines – 5 minutes
 - # Chit – o – chat - 15 minutes (Chatting break with friends on the phone, parents, grandparents or anything else)
 - # Energisers like clapping, foot tapping, laughing aloud, giggling, whistling (Every one hour or before and after a study session)
- So children enjoy your new study pattern. Have fun, be interested and above all stay happy, as you are actually studying / working hard for yourselves.

**Meena Kak
PRINCIPAL**

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

Dear Parents,

Examinations are round the corner. It is one time when the learning in the school going years is put to test. Please do not make it into a life changing event. Treat this as a normal school examination. Follow a normal routine, avoid frequent and irritable reminders about studies, and do not get overly obsessed with their level of performance. Allow them to just be.

We appreciate your concern and involvement but do not let it stress out your child. Your constant reminders to study can actually be detrimental to their peace and confidence. Ensure that you stay at home and supervise his or her comfort and needs. You can put your social calendar on hold till the children are busy with their exams as they want participative approach and not a nagging one. They need your unstinted support, affection and guidance and not a comparative analysis with other children's preparation levels.

Your child is unique. He cannot be like others as per the law of nature. Respect his individuality, his uniqueness. He may not be a good student but instead an excellent human being with values and ethics for these are the right ingredients for success in life. There certainly is hope beyond being a doctor and an engineer and that is to make our children responsible, happy and content human beings. Your child may be the next best sculptor, next best economist, a painter, a photographer or a master chef. Instil confidence in them to blossom in life.

Each child has his own method of preparation; getting ready for the exams. Let them be. Don't walk for them. Never do for a child what he can do for himself.

For they become responsible only if we give them an opportunity to take on a responsibility.

Now is the time

With regards.

For LAKSHMIPAT SINGHANIA ACADEMY
Meena Kak
PRINCIPAL

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

Dear children,

Examinations are knocking at your doorsteps. Allow them in with a readiness and a smile. There is no reason for fear or stress as you have been attending classes regularly for one year. It cannot be that you don't know anything as most of you quite often complain. A lesson taught, a word spoken, our experiences all get stored in our memory drive. We can retrieve that information easily provided fear doesn't control us. The key is to have a positive outlook; never to think that you cannot do it, or cannot remember. Humanly, it isn't possible to forget everything suddenly, but our fear makes us too numb to think and we forget. Have confidence in your abilities and yourself and maintain a cheerful self.

This is the time to avoid arguments and conflicts in or outside your families. This is the time to energise yourselves with nutritious food, a small regimen of exercises and probably some deep breathing sessions too. Take care of yourselves by way of avoiding junk food, extreme temperatures and outside water in any form.

Each one of you has a strong area that is so special to you and that which makes you unique. Some of you excel in art, some in science, some in numbers, some in spoken and written English, some in paper craft and some even in cooking and other creative areas. That is your true strength, an invaluable attribute and perhaps even more precious than your percentages. We probably have a Tagore, a Shakespeare, an Einstein, a Michelangelo or an Earnest Hemingway hidden inside you, waiting to be seen, read or written about.

So children you have an inner strength that will be your guiding light always, today as well as tomorrow. Cultivate this strength. Keep your confidence in place, trust your own power and be smiling as you take your boards.

Stay safe.

My best wishes and blessings will always be with you!

For LAKSHMIPAT SINGHANIA ACADEMY

Meena Kak
PRINCIPAL