

# **CBSE Examinations**

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**Class XII**

**Counselling session  
On Examination Tips  
for Parents and Students**

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**Examinations are nothing  
but management of  
knowledge & time.**

**Be Positive  
and  
Confident !**

**Tips  
for  
Students**

# How to be positive & remain cool

## **Prepare well**

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- Own your responsibility. Exams are for you.
- Catch time & make schedule.
- Don't waste your time. Make the best use of any school holiday, holidays in between exams.
- Prepare according to CBSE Syllabus, Marks Division & Marking Scheme available on CBSE website.

- (i) - Do written practice.
  - Also do three hours paper, self check & self analyse.
  - Practice doing 3 hours paper in 01 sitting from 10:30 a.m. to 01:30 p.m. by dividing time (Section wise).
- (ii) - Also keep sometime to revise a chapter, a unit and group of chapters & to work on weak areas.
- (iii) - Choose the topics & chapters which you understand and carry more weightage.

- (iv) - While studying, write down doubts & clear them from teachers or those classmates who know.
- (v) - Stop going to coaching classes if you have joined any.
- (vi) - Be regular in attending extra classes and block teaching classes.
- (vii) - Meditate in the morning & in between when stressed.
- (viii) - Sleep at least 6-7 hours daily. Deep Breathe & Meditate before sleeping.

- (ix) - Give at least 45 minutes – 1 hour to fun & relaxation like play the game you like, watch your favourite T.V. Serial.
- (x) - Maintain your focus. Train your mind to concentrate on positive thoughts & not to be distracted.
- (xi) - Avoid wasting of energies in negative discussions, roaming about aimlessly. Don't waste time in gossiping on mobile phone, facebook, whats app etc.
- (xii) - Eat healthy food at short intervals\_
- (xiii) - Keep something (light) to eat at your table to boost up your energy.
- (xiv) - Stretch yourself & deep breath after every hour or so.

# How to Attempt Question Paper

**Keep your tools\_pens, pencils etc.  
ready before hand.**

**Reach the Examination Centre  
between 09:30 a.m. and 09:45 a.m.**

**Take your watch  
alongwith you**

**Don't carry mobile phone or  
other electronic items alongwith  
you to the examination hall**

- (i) - Keep your cool.
- (ii) - Use 15 minutes reading time well by ticking the questions you will be able to answer well, particularly the choice questions.
- (iii) - Do attempt all the questions even if you don't know the complete & exact answer.
- (iv) - First attempt the questions of which you are confident to answer.
- (v) - Don't get stuck on a question & try to recall; Move on to next; you may do it at the end or when you recall in between.

- (vi) - Don't look here & there for help\_
- (vii) - Don't jump to straight answering the question\_ Give a minute or two to read, understand the question & reflect on the answer\_
- (viii) - Save few minutes for revision & while revising, check whether all the questions have been replied to\_ complete the incomplete answers\_ Put Question No's correctly & then also revise the answer.

# Tips for Parents

- (i) - Believe in your children.
- (ii) - Be with them whether they get good marks or not.
- (iii) - Behave well with them. Love them unconditionally.
- (iv) - Understand them, talk to them about their problems, aims etc.\_ Be their friend.
- (v) - Maintain good, healthy, friendly, congenial & normal environment at home.
- (vi) - There should be a quiet room / corner at home with full of light & ventilation for study.

- (vii) - Don't stress children by talking too much about studies\_ Don't load them with too many expectations\_
- (viii) - Set realistic goals for them; rather only help & guide them in setting their goals & making action plan & schedule.
- (ix) - Arrange light, healthy, home made tasty diet during this period.
- (x) - Yes, do keep a caring & protective watch over them, their company with whom they spend time outside the home. Know & talk to their friend.

**Best of Luck**

**for**

**Your exams**