

Maneuvering the examination

■ By **Smita Misra**

As the final exam season across all age groups is here. There is seriousness, anxiety and stress in the air. While you may be experiencing some feelings of stress and anxiety, you are not the only one. Many are putting themselves through all-nighters and are drinking bottomless cups of coffee.

The silver lining? Well, the holidays are just around the corner. Soon you'll be able to treat yourself to as much sleep, travel and gatherings as you can fit into an entire week! Something great to look forward to. That being said, there are multiple ways to keep your spirits high and push through this exam season.

Below are few tips and techniques that are based on psychology and that can help you study more effectively for your exams:-

EXAM STUDYING TIP#1: ELIMINATE DISTRACTIONS:

The human mind has the ability to wander around whenever it finds a starting point. A single image, sound or memory can be a starting point for another day dream. If you want to study effectively then make sure you stay in a place where there are no distractions at all. Lock yourself up in your room without your phone, Ipad or anything else

EXAM STUDYING TIP#2: GET RID OF PROCRASTINATION:

Procrastination is the worst enemy of the student who wants to study well for an exam. One of the most effective method for studying quickly is to get over procrastination. Studying Procrastination can be caused by lack of proper self regulation skills, fear of failure in the exam or perceived difficulty of the subject or the chapter you want to study. Best way to get over procrastination is get up and move. Get up and have a glass of water and break the over thinking and laziness.

EXAM STUDYING TIP#3: BEGIN WITH THE EASY PART:

Many students wonder whether it's better to begin with the hard part that takes a lot of time or the easy one that can be studied quickly. It's much better to begin studying with the easy part because your mood will improve on finding that you finished many things in a short period of time. Studying the hard part first on the other hand might reduce your motivation as you will find that a lot of time has passed

yet you haven't finished anything substantial.

EXAM STUDYING TIP#4: KEEP AN EYE ON TIME:

One of the best studying tips you can follow is to keep an eye on time by putting a clock beside you. The only difference between successful people and other people is that they are always conscious of time and that's why they finish their tasks quickly. Organize your time by prioritizing and assessing your time.

EXAM STUDYING TIP#5: TAKE BREAKS:

While you are studying do nothing other than studying. Don't check your mail, your phone or think about turning the TV on. You can take a short break every two hours provided that its time limited. Taking breaks is a great method that can help you study better for exams because whenever you will feel like procrastinating you will find that you can wait for the next break to do what you want.

EXAM STUDYING TIP#6: EXERCISE BEFORE YOU STUDY:

It may sound absurd but exercising before a study session has a number of benefits. The most important benefit is a boost in energy levels. Research has shown that just 15-20 minutes of moderate exercise boosts your energy level and brain function, as well as reduce stress.

Physical activity releases proteins in the brain that can help improve memory and increase cognitive performance. Both of these are pretty important for studying so if you're looking to ace that exam, try getting active. However, just remember not to overdo it. If your body is telling you to sleep, it's probably best to hit the pillow instead of the gym.

EXAM STUDYING TIP#7: SPEAK OUT LOUD

If you're huddled in your room studying quietly, try getting loud. According to a study published by the University of Waterloo, the act of reading and speaking text aloud is a more effective way of remembering information than reading silently. The study notes that speaking and hearing information helps encode memories more strongly. Recording

yourself speaking and listening back also proves effective, as researchers found people are more likely to remember information if they hear it from themselves. If you're going to try studying out loud, just remember not to do it in the library!

EXAM STUDYING TIP#8: TRY TEACHING SOMEONE:

One of the best ways to test yourself on what you've studied is to try and teach the topic to someone. According to a study in Applied Cognitive Psychology, students who teach what they've learned show better knowledge retention than those who simply re-read their study notes. Teaching a topic to someone else is a good way of testing how much you truly know. Better yet, you will likely discover gaps in your knowledge. This will point to areas you need to go over before taking an exam.

A great tactic is to pretend you're teaching someone very young. You will be forced to explain the concept in its most basic form and make sure you are an expert on the core ideas.

EXAM STUDYING TIP#9: REVISE

Visual aids can be especially helpful when revising study material. At the start of a topic, write down everything you already know about the subject. Closer to the exam, transform your revision notes in a diagram. In that manner the visual remembrance can aid to your readiness considerably when taking the exam. One of the most effective ways to prepare for exams is to practice taking past versions. This helps you get used to the format of the questions, and - if you time yourself - can also be good practice for making sure you spend the right amount of time on each section.

EXAM STUDYING TIP#10: SLEEP, SLEEP, SLEEP

Don't forget to take good care of yourself. By getting a good night's rest, you're allowing your body to refuel for the next day. If you skip out on sleep, you'll begin to feel exhausted and will burn out quickly, which will pose a negative impact on your studies. Let your mind rest so it can retain more information when you begin to study again later. Sleep boost the productivity levels which is necessary to make it through exam season. Only make sure

you don't over sleep.

EXAM STUDYING TIP#11: FOCUS

It's easy to get distracted and to procrastinate. We know, you don't want to study. In fact, you want to do anything else but study. Unfortunately there's no getting around this one, you're going to have to do it. The more you focus on the task at hand, the more you can celebrate your little victories. It's easy to lose motivation when certain friends end their exams sooner than you. If this is the case, forget what others are doing and focus on what you're doing. Keep your eye on the prize (a good mark)! It will all be over sooner than you know it.

EXAM STUDYING TIP#12: HEALTH

Keep your body and brain well-fuelled by choosing nutritious foods that have been proven to aid concentration and memory, such as walnut, almond, seeds, yogurt and apples. The same applies on exam day - eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but your energy levels will crash an hour later.

EXAM STUDYING TIP#13: PLAN YOUR EXAM DAY

Make sure you get everything ready well in advance of the exam - don't leave it to the day before to suddenly realize you don't know the way, or what you're supposed to bring. Check all the rules and requirements, and plan your route and journey time. If possible, do a test run of the trip. If not, write down clear directions.

Work out how long it will take to get there - then add on some extra time. You really don't want to arrive having had to run halfway or feeling frazzled from losing your way. You could also make plans to travel to the exam with friends or classmates, as long as you know they're likely to be punctual.

EXAM STUDYING TIP#14: DEEP BREATHING EXERCISE

Try doing simple deep breathing exercise before studying and during studies when unable to concentrate. Deep breathing exercises releases stress and helps in focusing better. Every morning take a deep breath of fresh morning air before walking into the room. As

you sit down for studies close your eyes and take few deep breath, feeling so calm and relaxed and then began. Try and make this your habit.

EXAM STUDYING TIP#15: BUILD UP YOUR SELF-BELIEF

Self-talk techniques remind yourself what you have done well or what you have achieved, and build self-belief. Adopt a go-to, personalized, positive phrase or mantra, such as 'I am, I can, I will' or 'I believe I can do my best'. Repeating this phrase over a series of days, weeks and months, will help drown out any negative thoughts and will foster a positive attitude.

EXAM STUDYING TIP#16: GIVE YOURSELF REWARDS

There are many tactics you can use to keep yourself motivated while studying. One of the best study tips to keep your eyes on the prize is to set up rewards for yourself. The important thing to keep in mind is that these rewards should be small and not interfere with your study habits. For example, allowing yourself to play a video game for a half hour can turn into multiple hours of procrastinating if you're not careful. The way to prevent this is to make your rewards small and healthy. By healthy, we don't mean "reward yourself with a salad" - just that the reward shouldn't distract you from the task at hand.

EXAM STUDYING TIP#17: DRINK PLENTY OF WATER

While studying for exams and even during an exam, it is advisable to drink water. Remaining hydrated is vital and adds to your overall positive mood.

EXAM STUDYING TIP#18: SHARE YOUR FEELINGS

While preparing and during exam if you are feeling anxious and overwhelmed about your performance and result remember to share your feeling with your family members and seek professional help if unable to deal with anxiety and stress. It's okay to ask for help. Try to practice these as they are surely going to help you stay focused and excel in your exam.

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■ By **Neha Bansod.**



LIFE is full of opportunity and positivity with good affirmations in early morning is good source to nourish your brain for today and tomorrow. Small steps results in big changes visible. What I was and what I want to be is the best way to evaluate and make decisions accordingly. Game changer in life is not just destiny neither hard work, but game changer in your life is your Attitude. Attitude towards the life, attitude towards the situation and attitude towards the way you respond and react shows the value of you in this world.

Attitude is all about you and your presence. Some talk in front of you and some talks behind, some love your presence and some loves your absence. It shows the mirror where you belong and what you have. Universal truth about burning Hydrogen and Helium together is "Sun" and providing energy, giving its shine to the world, getting respect as God, giving warmth in winter, serving many lives together and helping floras to make food and hence all the energy cycle completes in the environment because of the sun. Even after sun gives so much, at a point we want shade, umbrella or scarf. So it doesn't matter whatever you do, just do and wear a game changer attitude. An attitude that protects you, help to pursue your dream, give courage and confidence, an attitude that heals you completely everyday with no guilt, regret and judgements of other. You are creator of your life and destiny maker by your own attitude that belongs to you and only you, and no need of explanation to anyone. One who understand you don't want it, and those who don't understand you, don't need it. Be positive, honest and pure in your game changer attitude and love everyone and bless yourself to be loved each day by the universe on bed itself.

Be grateful each day and believe in yourself and get the game changer attitude in you, whatever you want, built for yourself. Take a diary, pen it down and ask yourself that what lacking behind in you and you know you can. Talk to yourself, you are your own master and best self advisor in this world. So do it and start from today and let me know after what you achieved.

Game changer attitude does not define- an attitude that is harsh, soft, up-chin all the time, etc but it shows what you really are- "please remember it". It can be spiritually, mentally, ethically, physically like how to sit in particular posture, how to walk, etc. Your proper time table with plan can be also a part of you game changer attitude.

I am sharing mine today with all my readers. My game changing attitude in life is very simple and may be many of you already have. Game changer attitude is not essential to be a unique one; it must contain a quality that makes you unique after you wore it. My game changer attitude is "my instinct and calmness in hard situation in my life". I believe in them and my life shows me path and I get guided in my journey very well. I believe in my inner voice.

I am sharing some of my best attitude quotes with all my readers which I



wrote by myself-

1. Those who want to go deep, must start with shallowness first. Explore it. Value it.
2. Life is just not a gift; it's you with your energy for this world. Believe it. Make a difference.
3. Universe knows your presence, only you have to recognise where and why you are. Get it done.
4. Make your presence with kindness attitude, dignity and respect will follow you naturally.
5. The award you can give to yourself is you good attitude. Wear it.
6. It's not necessary you can win every war you fight like you cannot have

everything good in you, you will lack one or more goodness in you doesn't mean you are not good and perfect.

7. Nature protects me, she respire with me, my life, my way. Nature is the only path, I choose.
8. Bedlam is not my way of living, I rest in happiness and peace.
9. Only best thing about life is "It is Wonderful" and about human is "To Believe".
10. I am true animal by Nature, what I am is on your face.
11. I follow only one rule 100% i.e. "Law of Nature".
12. I am original in my way.

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