

Beat the exam blues, with a smile



It is that time of the year again when students gear up for their board examinations or annual examinations. Exam stress is now an established phenomenon and no longer something that affects only a handful. The pressure to perform and get good marks affects not just a lot of students; even parents suffer from symptoms of anxiety on behalf of their wards. While a certain degree of stress and fear about performance can have a motivating impact on students, one often gets to hear of cases where exam stress has become extreme and begun to interfere with routine activities



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BEAT THE ODDS



Feeling anxious before a big exam may always be a part of student life, but letting that anxiety turn into stress does not have to be. An essential part of understanding how to deal with exam stress is to first figure out why you feel it. The most common reasons students cite for exam stress are:

- **Parents' and teachers' expectations.** Do your best. You can't pluck stars.
- **Your own expectations.** Don't be so hard on yourself. Take it easy.
- **The desire to get into a particular stream or course of study after the examination.** Getting anxious will lead you nowhere.
- **The feeling of being under-prepared, trying to beat the marks an older sibling or a cousin got in his/her exams and so on.** You are unique and the best.
- **Fear of forgetting everything during exams.** If you are stressed you will definitely... so RELAX !!!

If anything else is worrying you, keep that worry in a different compartment of brain so that you can deal with it later. Think about these reasons...which of them apply particularly to you

SYMPTOMS — IT'S NORMAL TO FEEL THESE THINGS

- Physical symptoms:** Headache, stomach cramps, loss of appetite, loss of sleep
- Psychological symptoms:** Feeling low, short temper, snappy, worrying about trivial issues, low concentration, low self-esteem



HOW TO MANAGE STRESS

Learn to recognise when you're stressed out. A small break or a chat with someone who knows the pressure you're under will help you put things in perspective

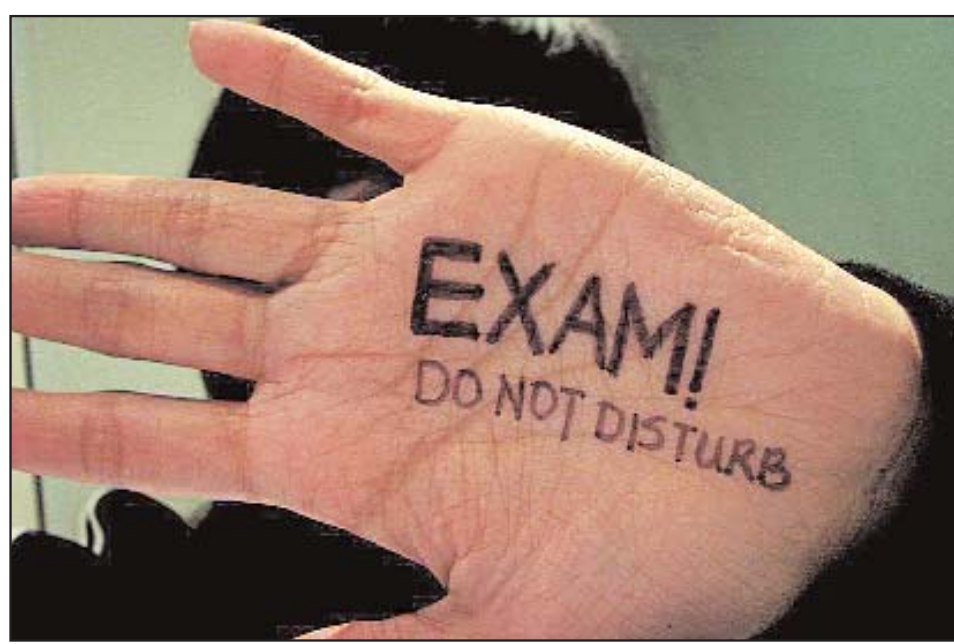
- Avoid comparing your abilities with your classmates. Those "Oh my god, I've only read the chapter three times" conversations are such a wind-up. Everyone approaches revisions in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable and stick to it.
- Sleep well. Wind down before bed and don't revise under the blanket — your bed is a place of rest, not a desk. Get your sleep even if it is three-four hours, it

improves memory and concentration.

- Tea or coffee is good for concentration, but not in large amounts. Try to eat one nutritious meal daily.
- Find out which is the best time for you. Morning or evening? Are you a night bird or a morning person? Study that time of the day. Learn to manage the time according to your schedule, instead of panicking. Make a schedule for your lessons, follow that.
- If your concentration is low, take small breaks. A little bit of anxiety is always positive. You work well under pressure.
- During exams don't rush...

concentrate and tackle the question you know the best. The one you are not so sure about, attempt it last.

- Steer clear of any exam "post-mortem". It doesn't matter what your classmate wrote for question 3(b), it's too late to go back and change your answers. So it will just make you worry even more. Once you are out of the hall, forget about what you just wrote and concentrate on the next exam.
- Ultimately, don't lose sight of the fact that there is life after your exams. Things might seem a little intense right now, but it won't last forever. This exam is not the end of the world.



SO, SAY GOOD-BYE TO EXTREME EXAM STRESS. BEST OF LUCK FOR YOUR STUDIES!

POET'S CORNER

You...
 I went to bed with you
 And woke up in the morning new
 With you...
 I moved about on the unsure roads
 of life
 Knowing in my heart deep, at my side
 Were you...
 Dark roads, unclear vision and my
 destiny undestined
 Cold winds, shivering bones,
 walking along trees lined
 Not knowing where, how, when, or
 what. No knowledge of any
 interrogation
 Fearing every step taken, yet smiling
 at wise decision
 Surety in my life was few
 But at my side were you...
 I took out my torch, and tried to
 switch it on
 But I couldn't the batteries were long
 before gone
 In complete darkness, with a
 magical light
 Showed my path anew
 It was you...

I started my journey, to write my
 life's journal
 Nothing had I with me, your love
 was my all
 I saw my undulating path, where I
 had to leave a trail
 I gathered my courage and set sail
 My life I had to sew
 With no one but you

I reached my goal, I set my life
 Where no one could strike a knife
 I swayed and sailed through
 people's mind
 And inspired whose destiny was
 undestined
 I lived my life happily through
 All with you...

I cried, I laughed, I fell, I rose
 I take a step forward, I take a step
 backward
 I look back and smile
 At the pages of my journal - my Life
 Now that My Journal is coloured
 For I have lived the grey scale
 through
 To cherish my days now I
 It's all because of you

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 Class X, Auxilium
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Montessori expert Chitrta Chatterjee speaks at a seminar at Dew Drops. Picture by Rashbehari Das

Montessori school celebrates birthday

Dew Drops, a Montessori school for children, celebrated its third anniversary recently. In her welcome speech, Dew Drops director Kanta Nain said: "We want to thank the parents for their support. The aim of the programme is to make them aware that children have an extremely absorbent mind, which should not be taken for granted. Parents must be careful about what kind of environment they create around the child," said Nain.

The programme began with Saraswati stotra where children and teachers evoked Saraswati, the goddess of knowledge. This was followed by Ganesh Vandana, a dance performance by the children. The highlight of the programme was Mom 'n' Me, a joint performance by the children and their mothers (picture top right).



This was followed by a seminar on the Montessori method of instruction for toddlers. The speakers were Dr Mira Raisinghaney (MD), Tapati Gupta and Chitrta Chatterjee. Raisinghaney, a paediatrician by profession, talked about the biological development of a child at various stages of his/her formative years. "By the time the

child is four-and-a-half months old, his/her brain is fully developed. This is the time parents need to be most careful," she said.

Gupta and Chatterjee, both Montessori experts, talked mostly about the pros of the Montessori method of education. "Childhood is a journey, not a race. You have to stay calm for your child and propel him in the direction he shows an interest in. It shouldn't be the other way round," said Chatterjee.

Text by Showli Chakraborty

How to have fun with science

When searching for a needle in a haystack, other people quit when they find the needle. I look for other needles that might be in the haystack — Albert Einstein

Senior teacher Pragya Nopany quoted Albert Einstein as she talked about science and scientists at a workshop at South City International School recently.

Nopany, who has been involved in teaching science for 18 years, demonstrated a series of experiments on the concepts of elementary physics such as upthrust, buoyant force, magnets, sound, lights, vibration and electromagnetic induction using items of everyday life.

The workshop, which began with a speech by Roopika Nag, teacher at South City International School, was an interactive one and the students got ample opportunities to ask questions and clear their doubts about the experiments in particular and science in general.

Apart from Class IX students of South City International School, students of Vidyanjali International, Delhi Public School-Megacity and Sri Sri Academy were also present at the workshop.

Stressing on the importance of workshops such as this one, Nopany talked about different ways of teaching science to make students take interest in the discipline. Students, she said, should always be encouraged to ask questions and experiment for themselves. For, she said, science is present everywhere and even a small insignificant experiment can throw up new results.

The senior teacher also had a session with the teachers, discussing different ways of teaching and the importance of using the laboratory. "Workshops are very important, because firstly I don't think they are teenagers. They are screenagers — they believe what they see. Secondly, it is very important for them to understand what they learn in their textbooks. Thirdly, I think workshops help a lot in clearing doubts because of the application of knowledge."

Nopany has been teaching physics for many years now and she has also served as the head of department, physics, Birla Vidya Niketan.



Educator Pragya Nopani performs a series of experiments at a workshop in South City International School, explaining to students the basic concepts of physics and talking to teachers about ways they can make the process of teaching science subjects more fun and interesting in class. Pictures by Arnab Mondal

Rutvi Padhy of South City International School said: "The programme was good. I got my doubts cleared. Things seem easier now. It was great listening to her. I would prefer science in the workshop more

than science in the classroom because this is more exciting." "I liked the workshop a lot. It was a wonderful experience listening to her. I got to learn so many new concepts of physics and their

application, but I would prefer science in the class because that is where the learning process starts," said Najes Khondakev, a Class IX student of DPS-Megacity.

Text by Aviroop Mitra