

It is that time of the year again when tensions sore, anxiety hits the roof and regret sets in! Yes, you guessed it right! It is the dreaded exam time! If you are reading this and feeling likewise, fret not! Follow these simple tips to ace the game!

1. Label your tasks:

Sometimes we get stuck with difficult chapters thinking that doing these will remove the hurdle. This leads to no time to revise the comparatively easier chapters. It is a good idea to play on your strengths. Label tasks and chapters on a scale of difficulty level. Try and accomplish the ones that are doable in comparison to the difficult ones first.

2. Make a to-do list:

Making a list of tasks can be an overwhelming task. However, it does give you a reality check. This uncomfortable feeling will get changed into a feeling of accomplishment when you start striking off the tasks you complete!

3. Reward yourself:

Make a list of things you like to do or eat. E.g. a cup of coffee, that slice of chocolate cake you had last week, taking your dog out for a walk, listening to music etc., As you complete your tasks, reward yourself-celebrate your success!

4. Eat Well and hydrate yourself

A lot of students face lack of appetite during exam time. However, eating and keeping yourself hydrated will ensure that you do not feel the lack of energy while studying.

5. This too shall pass!

Remember that these moments of distress and despair are not permanent. This time will also pass by before you even know it!

While taking exams is an inevitable part of the student life, it is essential to remember that tests, marks and performance at a particular time does not define you. It does not measure your passion, creativity or your worth!

-Saniya Bedi
(Counselling Psychologist)