

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**

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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**

