



'Prepare to perform'

**NEW & EASY STUDY TIPS  
TO CONQUER EXAMS**

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## Why exams are a festival?

Treat **exams** like **festivals**. They come every year for a fixed number of days. The entire family gears up and prepares for them.

Ensure a festive atmosphere in the built up to exams.

### **Benefits:**

With this approach learning will be better and stress lower.



- Why celebrate exams?
- How to celebrate exams?
- Benefits of celebrating exams

watch video >> <http://ow.ly/9wDB30nJIDn>



## How's the josh?

### High!

Good, because 'josh' is necessary to make difficult things possible.

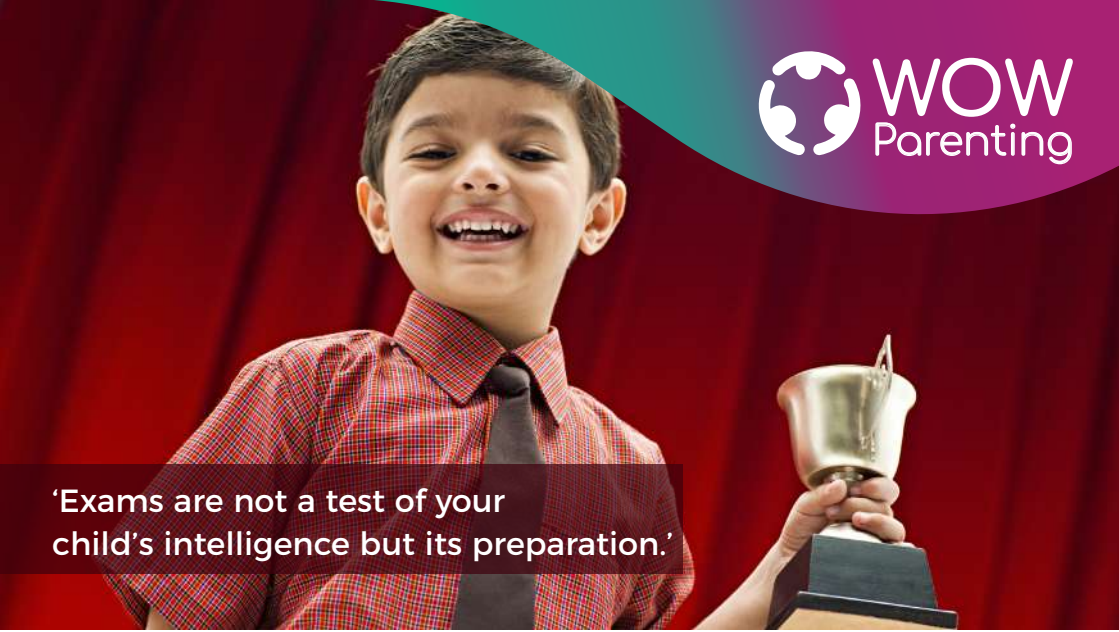
Keeping the moral high of your child throughout the exam season is important. If the child feels fatigue by the sheer volume of studies there is no way they can perform.

Let's keep the stress low & **josh** 'high'.



- a) Boost confidence
- b) Motivate them
- c) Prevent fatigue
- d) Improve focus

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'Exams are not a test of your child's intelligence but its preparation.'

## Taiyyari seekhne ki.

We are not preparing our child for a war. Our kids dislike the idea of studies because of the pressures around it. They **don't dislike learning**.

Let's take an example to understand: The absence of salt can make food taste horrible. Presence of salt makes the same food delightful.

Presenting to you, some **salt like techniques** which can make studies delightful for our children.



- How to help them organise?
- How to help them plan?
- How to help them build a routine?

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## It's not a sprint, its a marathon.

Exams are not a test of speed,  
its a test of **endurance**.

Plan the preparation for exams  
like one would prepare for a  
marathon.

Steady and reliable learning  
process will help your child to  
perform better.



- a) How to focus on process?
- b) How to stay happy?
- c) How to help them?
- d) How to set goals?

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## Darr ke aage jeet hain.

Most of us as parents go terribly wrong when it comes to **boosting** our child's exam-esteem.

We push them, pressurize them to perform better.

Sometimes, we instil fear of exams, hoping that it would help them focus. Instead, we end up scaring them.



- a) How to handle failure?
- b) How to help your child relax?
- c) How to be fearless?

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## Plan, learn, repeat.

The easiest way to tackle exams is to help your kids draw up a clear **action plan** to study.

Once we help them plan, let us support them to execute the plan.

Repeat the same cycle to yield brilliant results.



- a) How to learn & memorize efficiently?
- b) How to be a role model?
- c) How to repeat the process for better results?

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## Rest. Don't quit.

How do mountaineers climb Mt. Everest?

They break down the climb into short goals. The focus, and expectation are set accordingly. Exams are similar. Set your sight for summit but break your journey in to small achievable goals.

Teach your child to take **rest**, but not to **quit**.



- a) How to unwind?
- b) How to break down your goals?
- c) How to keep yourself going?

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## Don't forget to play.

Do you remember the old proverb 'All work and no play makes Jack a dull boy'.

For adults playing is a leisure activity. For children playing is a **learning activity**.

Play revitalizes the children's mind. Play recharges their batteries & fills them with motivation to keep moving.



- a) How to focus?
- b) How to fight anxiety?
- c) How to make play productive?

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## Be wise, revise.

If your kid is running out of time for his preparations for the examination. Remember, one simple tip.

**Tip:** Help your child revise.

**Revision** helps in boosting the self-esteem of your child.

It helps your child to recollect and perform during exams.



- a) Why revise?
- b) How to revise?
- c) How revision helps?

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## Yeh Baburao ka style hain.

There are **multiple ways** to prepare for your exams.

To each his own.

**Don't** bother about other's style.

Find out the most compatible way for you to take on the exams.



- a) Types of Preparation
- b) How to prepare different formats?
- c) My personal favorite method.

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## Make it easy for the examiner.

Exams are tough on children. They are equally tough on the examiner. Let's make the **job of examiner easy**.

Teach your child to **present** the solution better.

Benefits of neatly presented paper:

- 1) Our child would end up scoring a little better.
- 2) The examiner would bless you & your child.



- a) How to present the paper?
- b) How to structure your answers?
- c) How to understand the evaluation process?

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## Cheating is not an option.

Cheating can help your child to score marks but it will make him loose self-esteem.

I know parents **do not** want their children **to cheat**.

Here is a small video which can help you to explain this to your children.



- Why cheating equals losing?
- How to work hard & not cheat?
- How to build character in your child?

watch video >> <http://ow.ly/9wDB30nJIDn>





## Tune out 'to be'. Tune in 'to do'.

We teach our children the art of dreaming. Let us also teach them the art of execution.

If the will is driven by right motivational goals the possibility of realizing their dream is higher.



- a) How to shape your kid's dreams?
- b) Why those 'who do' beat those 'who dream' to be?

watch video >> <http://ow.ly/9wDB30nJIDn>



## Praise that bridge that carried you over.

Showcase a different perspective to your kids about exams.

Tell your child about the less fortunate kids who do not get an opportunity to study.

Studying is a blessing and look at it with **gratitude**.



- a) Why to be grateful?
- b) What do we mean by having gratitude?
- c) How gratitude helps?

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