

ORGANIZING

Your **Self-Study** area needs to be **well-organized** so that you are able to focus at your best level.

- Select a **room /corner** of your house which is **quiet** & well **illuminated**.
- **Arrange everything** that you require for studying (like your books, notes, worksheets, laptop etc).
- **Keep aside** your all other items that are distracting
- **Study attentively** according to your **self-study plan**



SELF STUDY

Regular **self study** is **essential** to improve your performance.

- Devote **sufficient time** to the subjects which you find difficult.
- **If you are studying 3 hours** or more at a stretch, take a short **break of 5-10 minutes**.
- **Revise** your lessons on the day before examination & avoid learning new topics /contents at the last moment



PRACTICE

Studying remains incomplete unless you **practice** applying what you have **learnt**

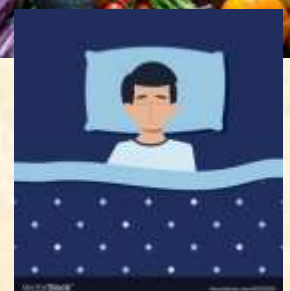


- After completing a chapter / lesson in any subject, **solve questions** related to that.
- **Solve test papers /practice papers** after completing your syllabus in every subject
- Continuous practice would **enhance your speed & accuracy** in solving questions.

HEALTH CARE

As this is the time for **seasonal transition**, take good care of your health to **prevent illnesses**.

- **Stay hydrated** by drinking enough water and fresh fruit juices .
- **Stay active** through moderate exercises /yoga.
- **Dress appropriately** according to the weather conditions.
- Stay **protected** from **mosquitoes**
- **Get adequate sleep** (5-6 hours) at night before the examination day so that your brain remains alert during the examination.
- Keep your **surrounding clean** and



maintain highest standard of **personal hygiene**.

- **Avoid unnecessary travelling** and prefer to **use mask** if you are exposed to **large gathering**.

DAY OF EXAMINATION

You must be prepared to write your examination.

- **Get ready** early and arrange your requirements.
- **Reach** your school / examination centre **on time** so that you get enough time to settle down before the examination begins.
- **Read** the questions and instructions **carefully**
- **Set expectations** according to your **preparation**.
- **Avoid** getting stressed / panicked as it would deteriorate your performance.



Give your best and remain focussed on improving yourself. Good Luck!



HEALTH & WELLNESS CLUB, OPJS, RAIGARH

