

## HOW TO PREPARE FOR AND FACE EXAMS JOYFULLY

*The article provides a comprehensive set of suggestions. However, it is essential, to begin with just a few simple ones you think are most vital for you and do not take much time. After you see beneficial results of these, you may like to include some more.*

### CHECK MOTIVATION FOR EXAMS

It is expected that you have read the Studies article before reading this one. In that case, you have been checking your motivation for life and being in this Institute. Exams are then an integral part of being these studies. These play a very important role in checking your strengths and deficiencies in many ways and providing feedback for further improvement. Without this, your studies would not be most efficient. Hence, make Exams your friends and not enemies. Drop worries and anxieties about performance in the exams and look forward to continuous improvements.

### Being Happy During Exam Preparation:

Do the following for 10 minutes before sleeping, in addition to your usual Shutdown Routine. Do it for about 5-7 minutes in the morning in addition to your Start-Up Routine. You can do a few of these things while walking towards the exam hall. The details vary based on time availability.

Visualize the happiest day of your life before the exam. Also, visualize the past best exam performance. Sing, or play music for a few minutes. You can read a funny article. Keep a collection of jokes, videos, and articles for such an occasion. These are designed to put you in the happiest possible frame of mind, which is best for brain performance during the exam.

You should look forward to a good experience and training through the exam. You should also look forward to doing your best. With the anticipation of good, the brain releases Endorphin, a happiness feeling chemical that improves mood. Believe that you have the potential to do well, and even more important that it is possible to improve it. This exam experience is a step in that direction.

Do not pray for an easy paper. That is a sign of a negative mindset. Instead, pray for doing best with whatever type of paper you get. Do meditation as well when the time permits. Walking meditation (counting steps or saying thank you with every step) is a must. The general idea is to remain calm, peaceful, and happy.

### Preparation During Exam Period:

Whatever you need to read on the exam day must be as per planning and relaxed. You must never read till the last minute. You may think that you are reading more. But it creates tremendous stress.

"Do what you can, with what you have, where you are." Theodore Roosevelt

Look at the short study period before the exam as a deadline and an excellent opportunity to learn how best to study well in minimum time. It's excellent training for life.

Under any circumstances, whatever be the level of your preparation, always think about what best you can do from now on. Think that this is your exam, strictly for personal improvement, and that you are not competing with others. You should look forward to this exam as a chance for solid improvement.

After the exams, also do not look for average or maximum scores. Do take help from better-performing students by looking at how they write answers to the same questions.

Exam preparation time per subject is very short. You must prepare a very smart study plan for the same. Allocate time for each subject and topic keeping in view theory and problem-solving for the same. Try to stick to this plan as far as possible. You may decide to omit some topics entirely if you like them based on earlier planning. You may find some topics very tough, or that you did not have any time earlier to study them for whatever reasons, and do not wish to try them afresh just before the exam.

As explained in the study article, you can't read the detailed theory or solve a number of problems in this period. The theory abstracts and problem-solving tips that you prepared during regular studies are all that you can study. This pattern of crisp preparation keeps you relaxed and confident. After finishing these, if time permits, you can take up some easy topics covered just before the exam for which you did not have time to study.

Keep the best energy period for difficult topics in the exam preparation.

Depending on your temperament, preparation and confidence, you have to a priori decide a strategy of attempting questions during the exam. Some students may like to tackle the most difficult but solvable questions first, whereas others may like to gain confidence by tackling the easiest one first. Do what suits you best based strictly on your own experience. Do not copy others.

Keep "If-Then Rules" ready to meet any eventuality, including your stress triggers. These are the plans based on your experience during studies and previous exams about tackling real-time contingencies during the exam. These are prepared when the mind is peaceful. This is vital because you can panic in exam situations and take wrong decisions with an agitated mind in the absence of this. Adhere to these rules as far as possible.

Do not miss any exam for minor reasons; challenge yourself to see what best you can do even with your challenges. This way, you develop a strong character.

### **Keeping Body and Brain Energetic:**

Diet is the first casualty on a stressful day. However, for your brain to be alert and energetic, you must take extra care to have a not very heavy but energy-rich diet, particularly breakfast. Keep water and lemonade with you during the exam to keep you hydrated and energetic. For long-duration exams, keep high-energy biscuits. Good glucose levels are very important for efficient brain functioning and happiness.

### **Prayers and Affirmations:**

Before sleeping a day before the exam, and after waking up on the exam day, pray for strength and wisdom to you and others to be relaxed and do best in the exam. Throughout the period before the exam, through prayers, affirmations, gratitude, and other techniques described in the article, maintain positive thinking. Some examples are as follows.

1. God is giving me strength and wisdom to remain peaceful and do my best as per my preparation. I am extremely grateful.
2. I thank the teacher, TAs, friends for their help during the preparation; they have been very kind.
3. Through God's grace, I shall remain peaceful before the exam, during, and after the exam.

### **Just Before and During Exam:**

Before the exam, exchange pleasantries with all. Wish your friends well from the heart.

Hug them and tell them that they are going to do well.

At the beginning of the exam, don't read anymore. Just relax, have a smile on your face, look at all in the room with love, express the love to all, and wish them well in your thoughts. Close your eyes and meditate for a few minutes. Deep, mindful breathing is the best. Those who believe and like, may also pray to God and chant mantras. Affirm your intention to be lovingly mindful of the questions and the state of your body and mind during the exam.

Keep calm throughout the exam. After getting the question paper, don't rush into answering. Read every question carefully, with love and a smile on your face. You must carefully write down what is given and what is to be found out for numerical problems. Even if some questions appear entirely beyond your reach, make a note and move on peacefully to others. Because of the question paper, you may modify the plan to answer questions if required.

For every numerical question, remember the algorithm you have prepared during studies for solving such questions and solve strictly as per that. Remember the plan for the descriptive questions, including some point-based formula you might have prepared as a memory trip.

Start answering questions as per the earlier plan or a modified one. Time management is extremely important. Out of the questions which you can attempt, have priorities and allocate appropriate time to each one. The idea is to get maximum marks with whatever preparation you have. Tick the answered questions, and compliment and reassure yourself that you are doing your best. Even if you get stuck with any question, calmly and smilingly acknowledge, take a few deep breaths, and move on to the next one. It is most important not to get emotionally involved because you have spent so much time on it. Otherwise, you may get deeper into the mess. Just remind yourself that you are doing your best under the circumstances.

After solving every question, take a 20-second break. Close your eyes, pray for wisdom and remaining peaceful, and remind yourself to be mindful during the next question answering.

After the exam, whatever you might have done (good or bad), it is important to thank God and the teacher for providing the opportunity for feedback. Don't be in a rush to compare answers with others. Analyze everything a little later when you are peaceful and relaxed.