

7. MOST FREQUENTLY ASKED QUESTIONS ON EXAMS

- ■ ***How do I deal with exam related stress?***
Recognize your negative thoughts. Once you closely examine these thoughts you'll see how unrealistic they are. Challenge the thoughts that say you are a failure and that you can't succeed. Remind yourself that it was just another exam and with effort, you will do better in your next attempt.
- ■ ***What if I do badly?***
Replace self-criticism with self-correction. Judging yourself harshly now won't help you do better in the future. Take the position of an observer. What if a good friend told you he had failed? Would you call him a failure? Most probably you would emphasize his good points and help him put the situation in perspective.
- ■ ***How do I deal with my family's disappointment if my results are not good?***
Be open and honest with them. Share what you feel about the result and what you think went wrong. Reassure them of your concern and efforts. Above all, do not have a negative bias against your parents because sometimes they need more reassuring than you do.
- ■ ***What if I don't get the marks I'm expecting?***
Concentrate on your achievements and be realistic about your expectations as well. Usually we know when we have made a mistake, so take these into account while drawing up expected marks. If you are still dissatisfied with the results, the option of rechecking is always open.
- ■ ***We have heard of irregularities in the assessment system. What if my marks are adversely affected?***
Have faith in the system. There will always be rumours about unfair checking, but one cannot ignore the fact that results over all these years have more often than not, been fair.
- ■ ***I think there is too much pressure and I can't cope with it.***
Take professional help. If you feel that there is pressure and you are unable to handle it and your self-esteem is coming down and you are unable to cope, then you must consult a psychiatrist to help you tide over this phase.
- ■ ***Everyone tells me to concentrate on my studies.***
Don't stop enjoying life. One of the common mistakes an individual makes is to totally change his lifestyle. This is under the assumption that if he isolates himself from all leisure and fun times with friends and family and only study, then he will do better.
- ■ ***How much sleep is required?***
The human body requires an average of 8 hours of sleep per day. But there is no hard and fast rule. Each one of us has to understand our body rhythm and know by trial and error how many hours of sleep keeps us fit.
- ■ ***What happens if we sleep less than what our body requires?***
If you sleep less for a day or two your body copes up by taking more sleep over next two days. If continued for long then the body gets into what is known as **sleep deprivation syndrome** because it accumulates so many hours of **Sleep Debt**. Then

you get symptoms of feeling tired and sleepy, headaches, body aches, poor digestion, inability to concentrate, irritability, short tempered ness etc

■ ■ ***Should I study in the morning or at night?***

First understand whether you are an **owl or a lark**. IF you can get up early in the morning and feel fresh then you must sleep early and get up early and study. If on the other hand you can study late at night but cannot feel fresh when you get up early to study then you must sleep late after studying and get up later in the morning.

■ ■ ***How do you get a good night sleep?***

Try to keep a fixed time every night for sleeping as far as possible. Avoid afternoon prolonged sleeping, a short nap may be helpful. One hour before bed-time avoid stimulating your sensory system by too much noise like loud music, too much TV, arguments or fights. Three hours before sleep time avoid taking any food or liquids, which contain caffeine, like aerated coal drinks, drinks containing chocolate.

■ ■ ***To keep awake for studying students drink lots of coffee. What is the harm?***

Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day may be Ok. Excessive coffee drinking gives side effects like tremors, fast pulse rate, irritability, acidity and stomach pain. Coffee also causes addiction.

■ ■ ***Why exercise during exam time?***

Most children will say they have no time for exercise during exam days. They are already stressed out with lack of time, how can they waste time in exercise? The fact is that exercise is all the more necessary during exam time because not only is it a "stress buster " but also has many other health benefits needed to keep fit during exam.

■ ■ ***What does exercise do?***

God has given us our body which is a perfect machine!. But as with any a machine to keep in good running condition, it requires maintenance or it will develop problems in various parts or rust due to disuse. Similarly if all our body parts are not moved effectively, as in exercise, the body parts will fail and then you will get physical problems like lack of stamina, excessive sleep, headache, muscle pains, fatigue etc. You will also get mental problems like feeling low or depressed, inability to concentrate, poor memory etc

■ ■ ***What are the various forms of exercise?***

Aerobic exercise, running, jogging, swimming, specific aerobic exercises, strength training, lifting weights and working on machines are some examples. Resistance or strength training increases lean body-mass which includes muscles, these in turn burn more energy daily as compared to fat mass. More muscles mean more strength and also more calories burnt, so less fat on body. Strength training helps to tone muscles and improves endurance. It reduces risk of osteoporosis so makes our bones very strong. Exercise increases co-ordination and reduces risk of injuries resulting from weak muscles.

■ ■ ***How does exercise help?***

Regular aerobic exercise (swimming, bicycling jogging) improves the function of our cardiovascular system. This makes the circulation better, the lungs process oxygen more effectively so you have less exertion. Heart pumps blood with fewer heart beats (the athletes pulse is always slow). It stimulates the growth of capillaries that increases blood

supply hence better oxygenation to muscles. All this makes your body more efficient and gives you more endurance capacity giving you more stamina for working. You can sit longer hours without discomfort. This will make you study harder and better.

■ ■ ***How does exercise help you be better mentally?***

Regular aerobic exercise releases some good chemicals in our body. These are called endorphins. These make you feel happy. They counter the effects of stress, depression and anxiety that all students suffer from during exam time. So after exercising you get a "**Natural kick**" which is longer lasting and safe unlike drugs or stimulants like caffeine. It also helps you in weight loss and that will make you feel good about your self.

■ ■ ***What are long-term benefits of exercise?***

Regular exercise will not only help you during exam but later in life you will have longer life and less risk of obesity, high blood pressure, heart attacks, diabetes, cancer and mental depression.

■ ■ ***Why do adolescents feel hungry all the time?***

The body demands more calories during adolescence. Boys require about 2800 calories and girls about 2200 per day. Teens who are big and tall and participate in lot of physical quire more.

DO NOT MISS BREAKFAST If you miss breakfast then by the time you have lunch nearly 10 -12 hours have gone by after your last meal. This means your blood sugar level has gone and you have nothing to provide your body with energy. This low blood sugar or hypoglycemia causes short-term memory problems, difficulty in concentration problem solving.

DO NOT HAVE A VERY HEAVY DINNER You will feel very heavy and sleepy and will not be able to study well.