



INDIAN SCHOOL MUSCAT



EXAMINATION READINESS & STRESS MANAGEMENT

A Session For Students & Parents
CLASS XII (2019-20)

Monday, October 7th 2019



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Indian School Muscat



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1. Preparing for the board exams.
2. Strategies and techniques to manage the stress.
3. Role of Parents.



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Exams are important as their results influence our future professional career, our social status and our self-esteem.



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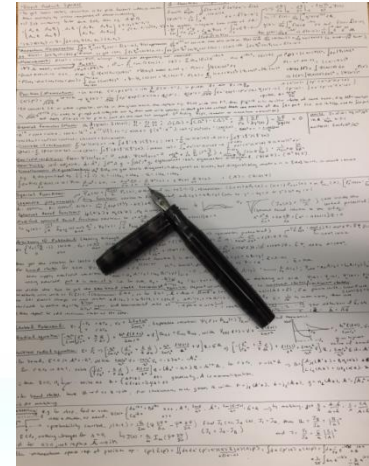
1. Preparing for exams.

Understanding the exam and studying

Understanding the weightage

Gap analysis

Time management – present & exam





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Key ideas / formulas – repetition.

Chapter summaries





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Study from,

- * Past tests**
- * Review questions**
- * Work sheets.**

Take at least five minutes break an hour so that you can gather your thoughts and let your brain relax.



2. Strategies and techniques to manage stress

If you have some symptoms of stress

- Insomnia (sleeplessness),
- Rapid pulse
- Hands trembling
- Cold palm sweating,
you ought to do something about it.

KEEP
CALM
AND
HAPPY
EXAM

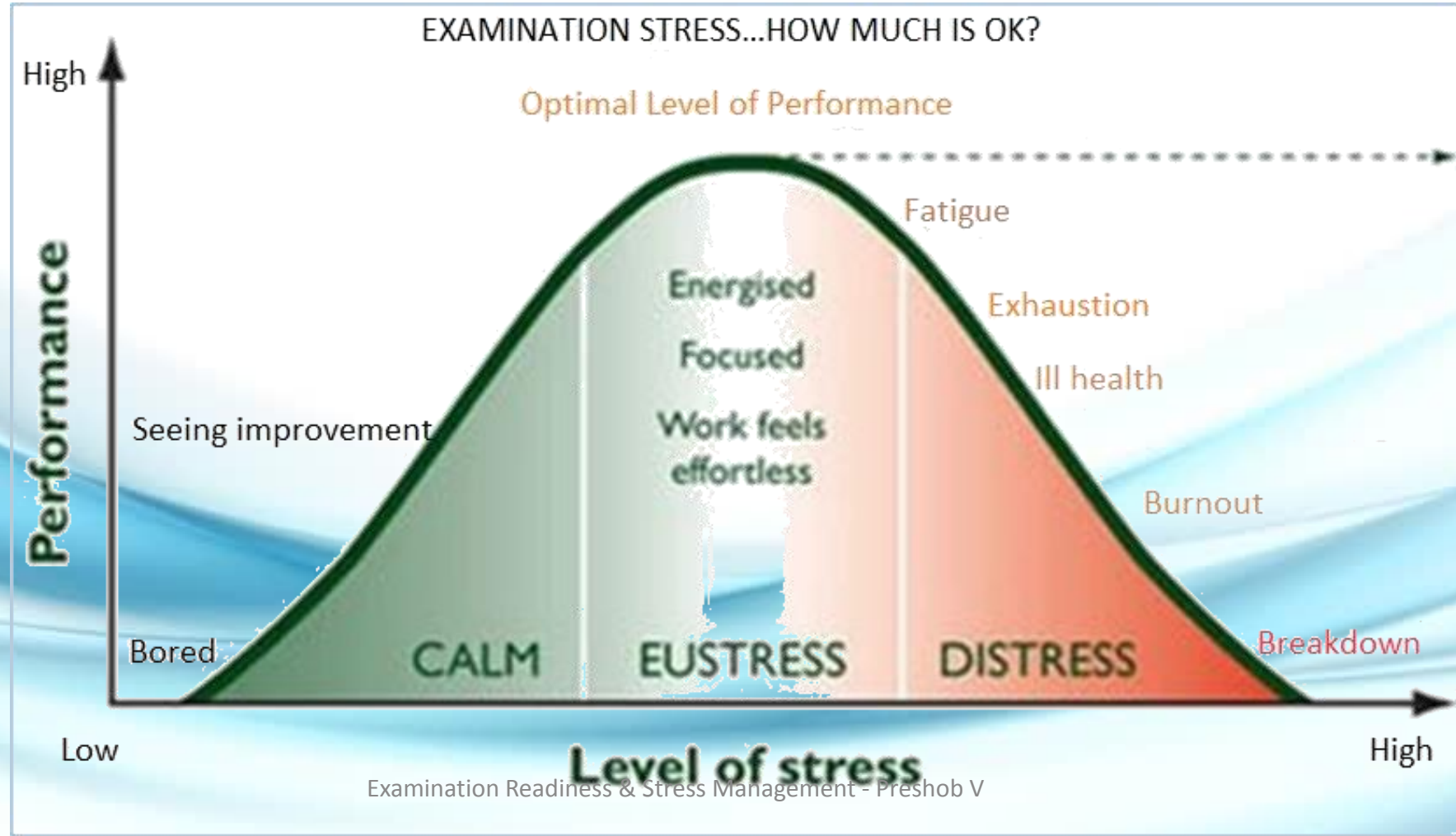




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UNDERSTANDING STRESS





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- Physical Signs
- Behavioural Signs
- Emotional Signs
- Cognitive Signs

**Stress Signs
you might experience...**





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Physical Signs of Stress



Body

Fatigue
Headaches
Skin irritations
Frequent infections
Breathlessness
Tight muscles
Muscle twitches



Behavioural Signs of Stress

ress

- Insomnia
- Accident prone
- Loss of appetite
- Lack of Self Care
- Drinking more
- Smoking more
- Restlessness

Behavior





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Emotional Signs of Stress



- Irritability
- Depression
- Loss of confidence
- More fussy
- Apprehension
- Alienation
- Apathy

Emotions



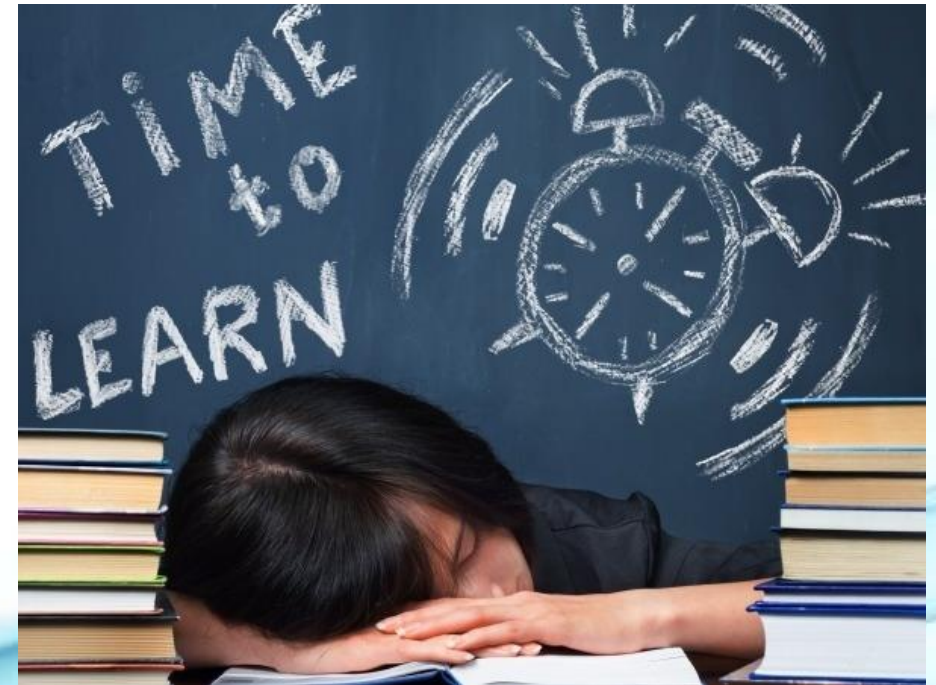
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Stress Cognitive Signs

Mind

Worrying
Hasty decisions
Impaired judgement
Muddled thinking
Nightmares
Negativity
Indecision



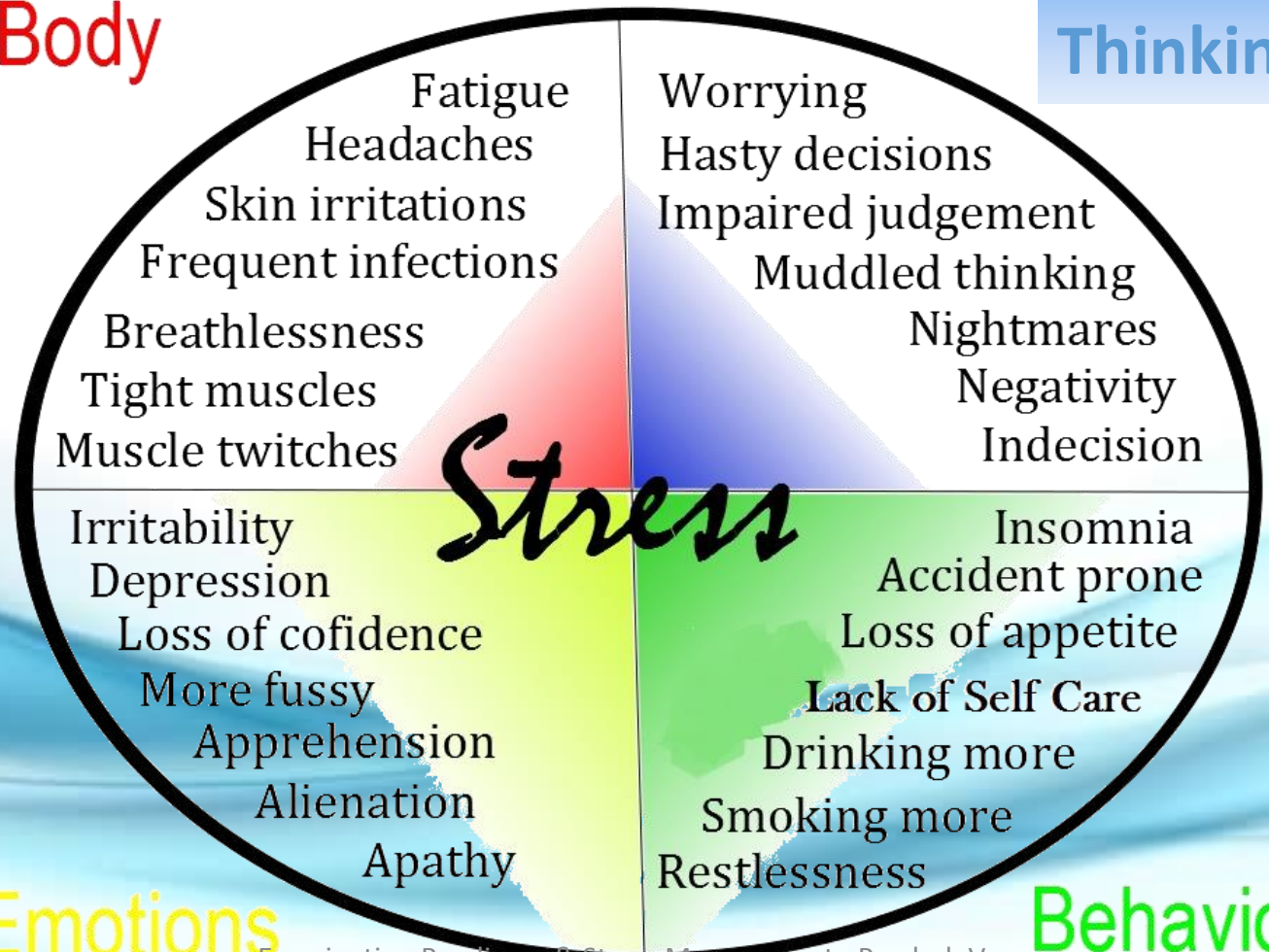


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Body

Thinking





Educational and Psychological Strategies

- Help kids make realistic study plans
- Follow a normalized routine
- Create a relaxing atmosphere at home
- Keep a moderate level of entertainment

Stress HANDLING.... strategies





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Stress HANDLING.... strategies

- **Take several long, slow deep breaths and say..**
- **"I am calm and relaxed"**
- **"I know I will do fine".**





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HANDLING STRESS.... strategies

The Relaxing Breath

- Sit comfortably with your back straight.
- Breath in for 3 seconds
- Breath out for 3 seconds
- Pause for 3 seconds before breathing in again.
- Practice 10 minutes morning or night (5 minutes is better than nothing) Use before and during situations that make you anxious.





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HANDLING STRESS.... strategies

Converting ANTS to PETS





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Eating healthy

- Balancing food choices over time is what counts.
- Breakfast provides the energy needed through an active morning.
- Children who skip breakfast may have trouble concentrating.
- Fast foods supply more fat, salt & calories than good nutrition.
- Fast foods in moderation, with green salads.

Eating healthy to Manage Stress

- **Breakfast**
- **Snacks**
- **Lunch**
- **Snacks**
- **Dinner**



Stress Management

The Sleep Cycles – 90 min

Stage 1 – Sleepiness

Stage 2 – Light Sleep

Stage 3 & 4 – Deep Sleep

REM - Dreaming

Good Sleep

- Sleep is very important.
- It makes us fresh.
- It gives us energy.
- If we do not sleep well, we will not have as much energy as we will have with good sleep.





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Physical activity

Exercise: planned & structured subset of leisure time physical activity undertaken for improving or maintaining physical fitness.

Physical fitness: includes cardio-respiratory fitness, muscle strength, body composition and flexibility.

Sport: any choice of outdoor game for a brief period. For example badminton, squash, tennis, etc.



3. Role of Parents.

Examinations and the parents

- Show Confidence in your eyes.
- Do not exhibit panic on your face.
- Remind to do some relaxation exercise.



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Examinations and the parents

- Remind the child to take everything required. Keep a Checklist of things to be carried for examination in advance.
- If it is feasible, it is good to accompany the child to the examination center.
- As most of the parents do so, the child may want you to accompany her/him.



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Examinations and the parents

- No controversy or argument.
- Get up early in the morning on the day of the examination. But do not disturb the sleep of your child. Let her/him complete the sleep.



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Some Do's and Don'ts for Parents

Do's

- Light moments
- Humoured Home
- Ensure Nutrition
- Ensure Rest

Don'ts

- Nag (self or others)
- Over attention
- Compare
- Unachievable Goals



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Some Do's and Don'ts for Parents

Do's

- Routine with Guidance
- Space, Break
- Time chatting
- Boost Confidence

Don'ts

- 4-5 hours at a stretch
- Displace Anxiety
- Leave alone



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Some Do's and Don'ts for Parents

Do's

- **Help develop self-discipline**
- **Self - confidence**
- **Tell examination is not the end of world**

Don'ts

- **Mix Academics and Family conflicts**
- **Harp on previous failures**



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Q&A