

### **Important Guidelines for Students appearing for Board Examination:**

1. Everyone feels the same about the examination, so don't develop anxiety.
2. Think that you know every point of your subject. It will help you in remaining anxiety free.
3. Mock test or participation in exam like situation will help you in building self-confidence.
4. Don't use any medicine or substance to improve your memory or to avoid sleep as all these medicines may have some adverse side effects.
5. After receiving admit card and date sheet, keep them at a handy place.
6. Read the date sheet carefully and write the date and time of your examination on some important places like calendar or timetable etc.
7. Before the first day of exam, the place of examination center, transport arrangement, time take to reach the center from your home should be make sure, so that you will reach before time.
8. All the important things-admit card, money to meet travel expenses, pens, pencils, rulers, erasers, geometry box and color should be kept together in a carry box and will be taken by you for your exam.
9. Sleep of six to eight hours before the exam day will reduce anxiety and help you to remain alert.
10. Light food is required during examination days.
11. You should not carry any type of written notes or books with you, because the last moment of revision can spoil your whole preparation.
12. If you are feeling nervous then breathing in deeply and then breathing out slowly a few minutes help you in relaxing.
13. After getting the answer books write down all information neatly at the required place.
14. Read the instructions carefully given in the Question Paper and then start answering the questions.
15. Answer according to the requirement of the questions. Don't give too lengthy answers for the questions carrying fewer marks.
16. Write the answers of all the sub-questions of the main question at one place serially.
17. Divide your time according to the total number of questions and keep some time for revision.
18. Try to give answers of all questions.
19. Don't discuss about the paper after it is over with your friends. Prepare the next subject.
20. Don't loose your self-confidence because your self-confidence will help you in attaining your goal.

All the Best