

## **(B+ve) Guidance & Counselling Initiative**

Life skills and Value Education  
Mount Olympus School, Gurugram

### **'How to Ace in Board Exams'**

*On 13.01.2020, Grade X*

## **Report**

We as nurturers on one hand challenge to empower and on the other hand hold our students aiming at their gratifying future. A workshop on **'How to Ace in Board Exams'** was held for students of grade X by our Vice Principal Mam, Ms. Manisha Khanna with special emphasis on the subject mathematics on 13.01.2020 (Monday) in the MPH.

It was encouraging to see students attend the workshop in full confidence. Students were explained the significance of staying calm, confidence, believing in oneself, revision as per schedule and planning. Special emphasis was laid on healthy eating and sufficient sleep as factors that could enhance their efficiency at exams.



The workshop explained the significance of a healthy routine, scheduling, and being mindful of not letting performance anxiety set in. With the help of an exhaustive presentation that summed up all the important points related to attempting a board paper, especially mathematics the 1.5 hr workshop apprised the students with factors/tips contributing to a great performance in their board exams. Students asked several questions and were happy to get answers and clarify their

doubts and confusions related to board exams. Ma'am urged the students to focus on Maintaining their calm, routine, confidence and proper revision schedule. The summary of common mistakes enabled them to be mindful and not commit the same. The skill to prioritize and complete before time. Students were seen taking a pledge to maintain a healthy diet too.

The workshop was successfully concluded with a clear path for the most dreaded mathematics board exam. The school has planned other subject special workshops in the following week.





**Taking  
pledge to  
eat healthy**



**We are  
Proud of  
You!**  
**All the Best!**

