

HOW TO HANDLE EXAM STRESS ?????

For some students Exam time is the most stressful part of their life. But to be honest this is not a correct thinking or approach. There are certain or simple things which can really help you to avoid last time examination stress. So through this brief write-up an attempt has been made to share some points regarding how to avoid examination stress.

The theme of this write-up is—avoid exam stress through a sound exam preparation because I personally feel that stress at the time of examination is the result of weak preparation and shows lack of self confidence towards the preparation. So some of the points mentioned in this write-up are connected or dealt with good exam preparation.

Please find below some of my very simple observations regarding how to avoid the examination stress:

FOCUS ON CONCEPTUAL STUDY

This is one of my all time and permanent suggestion. To avoid examination stress and secure long time professional success it is very essential to focus on conceptual study from the very beginning of your professional journey. Conceptual study is the only way out to deal with any sort of examination.

GIVE A COMPLETE READING TO THE COURSE

It is also important to give a complete reading to the course content. For exams preparation, Confidently strike off the topic which according to you is irrelevant and never asked in the exams. This point is totally connected with your self confidence and consequently reduces your exam stress. Remember in the exam hall a small hint or 10-20% knowledge is enough to attempt a question. A simple reading or knowledge can be very handy for exam.

SPEND SOME QUALITY TIME WITH YOUR FAMILY AND FRIENDS

One of the best way to handle exam stress is to spend some quality time with your family and friends. I urge you all to consider this point very important to regain the entire consumed energy and enthusiasm. According to me during exam time family and friends are like protein and energy boosters. They provide you the desired strength to fight with exam stress. So after a long study session have a relaxed chat or interaction with your family and friends. I personally feel that this is a solid method to avoid exam stress. Try this...

FOLLOW A FIXED STUDY PLAN HONESTLY

As per my personal understanding if you follow a regular study plan from the very beginning, you can easily avoid the exam stress. Exam stress is somewhere connected with your preparation method. If you are satisfied with your preparation then it would be easy for you to say bye-bye to exam stress. So try and understand the importance of this point and prepare and follow a detailed and flexible study plan from the very beginning.

AVOID NEGATIVE THINKING

Negative thought or thinking is one of the biggest reasons of exam stress and consequent failure in exam. Without any proper reason avoid thinking that your preparation is bad or you are weak in theory or practical paper. Just go ahead and give your best shot. Do not allow negative thinking and consequent exam stress to distract you and your positive energy. Your confidence is more important than your competence. CA examinations is a test for your emotions and confidence. Many students fail not because of lack of preparation but because of lack of confidence. Remember in theory papers by preparing just 50% of syllabus you can score not less than 60%. Less the quantity more is the quality.

MANY BOOKS

Don't refer too many books. Just refer one good material and IF time permits suggested answers and ICAI material. Remember you don't need wider knowledge to Pass CA. You need Deeper knowledge and you will get it by repeated revision but not by reading many books. You may read less and your preparation should not be less. Instead of reading some thing of every thing it is better to read every thing of some thing.

GOOD REVISION SCHEDULE AND PRACTICE EXAMS

A good revision during exam time surely relaxes your mind and helps you to avoid unnecessary exam stress. So prepare a special strategy for course revision (revision exams schedule) and prepare special short revision type notes/flow charts. Plan your revision schedule as early as possible and follow the same honestly and keep reviewing it and make necessary changes as and when necessary. This point helps you to deal with lengthy course and improve your revision strategy. Select easy chapters as per your strength and gain tremendous confidence by practicing more & more questions. After gaining enough confidence remove that chapter from your final revision list. Now there is no need to revise that chapter during final revision and be confident about that chapter. Just follow your revision schedule strictly. Many

students fail CA exams only because of lack of proper revision and by not practicing revision exams and directly appearing in final exams.

BOTH OR SINGLE GROUPS

The right decision in this area will help you to pass or get a rank. Assess your preparation and then take a decision. Take your faculty or well wishers advice if required. But stick to that decision till you write the last examination. Especially in case of IPCC, even if you pass group 1 you can join articleship and can save 6 months of your valuable time by appearing for ca final along with those students who appeared for both groups and qualified.

Don't wait for results to come. If you think that your preparation is not good start preparing soon after the completion of your exams. Atleast you can qualify in next examinations.

SOME OF THE GENERAL OBSERVATIONS TO AVOID EXAM STRESS ARE AS FOLLOWS

- Stay away from unnecessary examination pressure. Remember exams are just to test your knowledge and should not be treated as a pressure cooker.
- To avoid exam stress always believe in action. Thinking without action will increase your stress and adversely affect your positivity.
- Always make provision for a small break during long study sessions to rejuvenate your energy and strength.
- Slight nervousness is perfectly fine and inevitable during exam time. But excessive stress can be very harmful and block your thinking process. So just be careful.
- Last but certainly not the least to avoid exam stress or any kind of stress in life it is very important to have faith in your abilities and efforts. Remember nobody is perfect so always ready to improve yourself. Even in CA final, first rank holder has got just 58%. Failure in CA exams does not mean that it is the end of the life. Try again and reach your goal. Don't forget it is a professional examination and it is so common to fail in exams. But this should not be an excuse always. Always try your best with utmost sincerity and dedication. I am sure success will follow you. Also give due regards to the expectations of your parents and also remember with their blessings you can deal with any sort of pressure situation.

MASTER MINDS - THE LEADER IN CA/CWA COACHING