

ICSE INSIGHTS



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OFFERS ADVICE TO
STUDENTS
APPEARING FOR
THEIR ICSE BOARD
EXAMS THIS YEAR

● **ACTION PLAN:** Before you begin, take a few minutes to assess your situation and plan out a strategy for your study session. How much time is left on hand and how much portion remains to be covered? Do you need to revise or study it completely? How much time are you going to set aside for sleep, family and friends?

Time tables can play a strong guide to your work – if you keep to them. Build-up a time table specifically suited to you. For example, think about whether you are a morning, afternoon or evening person. Plan your study time accordingly for the best performance. Just as it is important that you decide when to study – and work at it until you get it right, it is also important that you work out where you are going to study and make the place work for you.

● **SUBJECT-SPECIFIC TIPS:** For science subjects, make sure you have the definitions right. Write them down for practice and perfect your knowledge of formulae and equations. Mathematics can be made easy with regular practice and getting your basics right. Tackle history by treating the textbook like a story-book. Try to remember keywords in each answer and then elaborate on them. Geography can be aced by understanding the concepts in each chapter. Refer to a map while you study and practice thoroughly.

● **MEMORY ROUTE:** Remember you cannot be memorising every word of your text book. Look out for notes and study guides that contain clues to the relative importance of the content. Pay attention to highlighted terms. Check your progress by answering the end of the chapter questions. Analyse the information in your notes and arrange it from most important to least important. Also, set aside the information and notes that you know and concentrate more on what you don't already know. In the few days before the exams, review the skills and concepts that you are strong in.

● **EMOTION MANAGEMENT:** Parents should be adequately involved in the child's challenge of preparing for the boards. It is extremely reassuring for the child to know that he/ she is not alone at this time. Parents know their child best and depending on the nature of their child, can become part of his/ her learning process. Talking to positive minded people helps in maintaining equilibrium.

● **BREAK-TIME:** Studying can be stressful. You could crash and burn out from information overload if you don't take enough breaks. A good rule is to plan hour-long study sessions followed by 10-minute breaks. It is important to get sufficient rest while you study and to engage in stress relief activities – take a walk, practice some yoga; do not however, spend time watching TV or at the computer. Your mind should be fresh to start again. Wash your face with some cold water, stretch a little, grab a snack and get a power nap if possible.

● **IMPORTANT NOTES:** Put away all possible elements of distraction – the phone, TV internet access. Do whatever it takes to make sure you focus on studying. At the end of each study session, take some time to reflect on what you have read. Make brief notes to make the learning conscious. Do not end a study session on a problem. It is demotivating and can make it that much harder to start again. Remember to reflect on how the things that you are doing are working for you. If something is not working – change it. These tips work best once you adapt them to suit yourself.