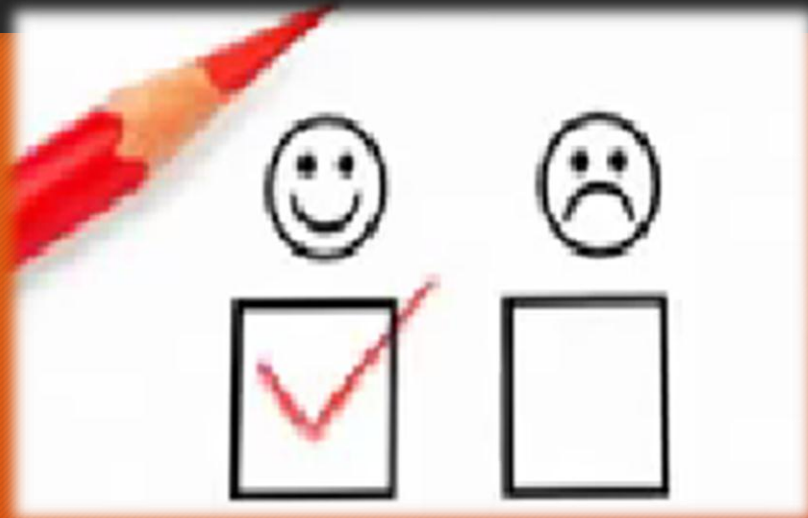


CBSE BOARD EXAM CLASS X / XII

PARENTING TIPS FOR

BETTER MARKS

IN EXAMS



PARENT AS ROLE MODEL FOR THEIR CHILDREN

- They watch you, follow you, admire you, imitate you and listen to you silently, secretly and yet willingly.
- Massive change is required in Parent's behaviour and approach towards the achievements of the goal and mission of their child.
- Rigid and stubborn Parents suffer and make their children suffer too due to their adamant thought process.
- For Parents their children are their top most priority always.

AURA OF 'HOME SWEET HOME'

- **Pure, Pious and Positive.**
- **Less talks, more concentration.**
- **No Guest, No unwanted visitors, No Disturbing elements.**
- **Avoid visits, Outing, Movies, Functions and Celebrations.**

Home to be Silent and Serene.

AURA MATTERS

- **No T.V., No Gadgets, No Vehicles, No money**
- **Avoid Quarrels, Heated arguments, vague discussions and abrupt talks.**
- **Avoid late night Dinners and abrupt meals.**
- **Remember change is the only thing that is Constant.**

PARENT FOCUS IS MANDATORY

- **Smile, Be Positive, Talk Positive.**
- **Create an encouraging feel towards your child.**
- **'YES YOU CAN', 'SURE YOU WILL' are the chanting words that must vibrate at home.**
- **Criticism to be dumped in the Garbage for ever.**
- **It pollutes the Environment along with disastrous consequences.**

TIPS FOR STUDENTS TO COPE UP WITH STRESS

- Stress is the commonest enemy for students.
- Stomach cramps, absence of hunger and sleep, blank mind are the common sign of stress.



DIFFERENCE BETWEEN

POSITIVE STRESS

&

NEGATIVE STRESS



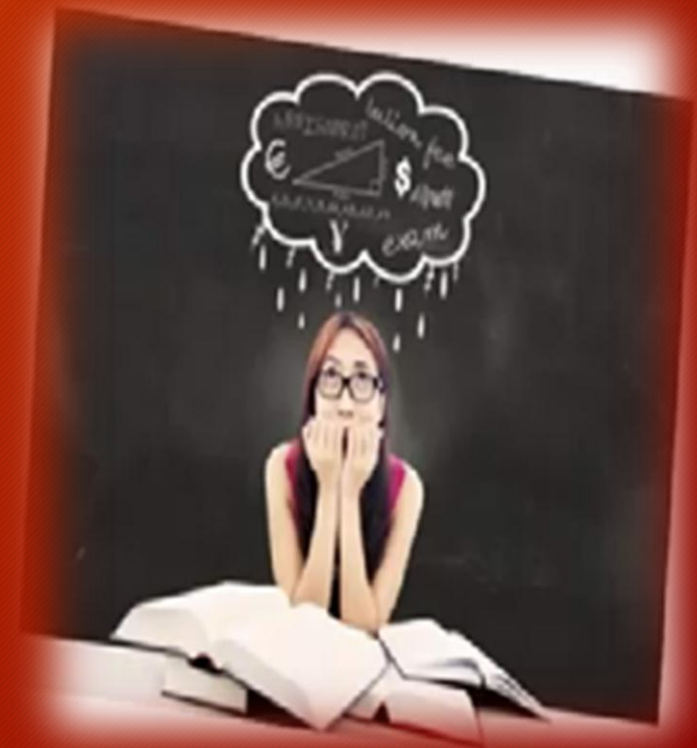
POSITIVE STRESS

- Positive stress is goal-oriented.
- It strengthens concentration.
- It save us from negative stress, diversions and distress.



NEGATIVE STRESS

- Negative stress diminishes our capacity and concentrate.
- The best way to avoid negative stress is to avoid negative interaction.



CONFIDENCE IS THE KEYWORD

- Confidence is the key to success in the examination.
- Keep your cool but avoid over-confidence.



DON'T AVOID REST AND FOOD

- Take short breaks between study hours.
- Take light meal at short interval.
- Try to have at least 4-5 hours of sound sleep.



DIVISION OF TIME

Last but not the least,
divide the time
carefully..



DO WELL IN EXAMS

BEST WISHES FROM

MODERN SCHOOL

