



# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

## FOREWORD

The exam season is almost here! Now, it's time to face the same old breeze of imminent challenges again. After a joyful year of fun activities and studies, here comes the part where we have to focus. It's time to work hard to sail towards the paths of success and positivity. First of all, never give up and be stress-free. Remember, concentration is the first key to success. So, to gain that, you will have to remain serene throughout the end. Moreover, create a timetable which is suitable for you and follow it punctually.

Give yourself enough time to study so that on the day of the exams you only revise to be well prepared. You can organise yourselves by making a study group to understand well and also constantly ask questions to teachers about the concepts you are not well aware of. Finally, believe in yourself and go do your best.

Follow along in the sections below of the newsletter to find some easy and helpful strategies to prepare for exams properly. Good luck for your exams!

**By the Editorial team**

## HEALTHY HABITS DURING EXAMS

It is a challenge for us as students to keep our mental and physical health at a higher optimum during exams. We tend to skip food and become nervous, which directly affects our health. We should follow healthy habits and fitness regimes. Few healthy habits that are listed below can be productive during exams:

### **A well-balanced diet:**

Eat nutritional, natural and fresh meals. This will help to cope with stress and also improve concentration and memory.

### **Increase intake of liquids:**

Fluids like coconut water and juices are best to keep the body hydrated.

### **Proper sleep:**

During exams, maintain a proper sleep routine in order to boost brain power and avoid fatigue and loss of concentration.

### **Exercise:**

Light physical activities like yoga and meditation will help to keep us focused.

**Submitted by Umaiza Fatima Ilyas Ahmed**  
**Class 7**

## EXAM MANTRA

Exams sound really stressful and preparation needs to begin a few months before the exam. What if I share a few tips that make this process more easy which will help us evaluate our topics more swiftly? What I do before exams is set a time table so that I know what our tasks, including breaks, are extremely necessary to make sure we are fresh. I construct a healthy diet plan and sleeping patterns with all nutrients I need, which helps me concentrate during my preparations. A few tricks that I never let slip off my mind is marking a chapter timetable, in which I write all the chapters I haven't touched in red, the ones that are done in green and the ones to review in blue. Practice makes a man perfect so always try hard and not worry about the results

**Submitted by Samara Sayeed**  
**Class 8**



## EXAM PREPARATION

Examination is a wide word, which is used in all spheres of our life. It is always awaited with a mixed feeling. Preparing for exams is really indispensable. While preparing for exams students usually go through stress, feeling overwhelmed, lack of sleep and lack of motivation. There are few students who use tips/tricks that help them to ace their exams without any tension or agitation.

1. Making important notes-Making notes is essential because it helps in finding out important points that would help out in answering your questions. Using highlighters and various sketch pens in notes will make you feel more creative and interested to learn that particular topic. Studying doesn't mean to grasp your notes and complete your syllabus as soon as possible. We can make it fun using various methods.
2. Never wait for the exam time-table to arrive- Mostly students wait for their time table to arrive causing them hardship in learning the whole syllabus. We should start completing our portion once chapters are completed that will help you save your time and start your revision.
3. Break/sleep/playtime is important-Studying for exams is necessary but with that we need to have a break so that we relax, with that we have some free time. Children don't get proper sleep in view of the fact that they have to complete their portion, whereas sleep is as important as studying for exams. Make a timetable to manage your studies so that you don't have to learn any subjects at night, furthermore waking up fresh in the morning and giving your exams with confidence. Playtime will make your day go better which will build up goodness in you and you will feel your day has been productive.

Using these tricks you can ace the test. So let us hit the books and bring high grades.

**Submitted by Sreepriya Menon**  
**Class 8**

## EXAM PREPARATION – A PIECE OF CAKE

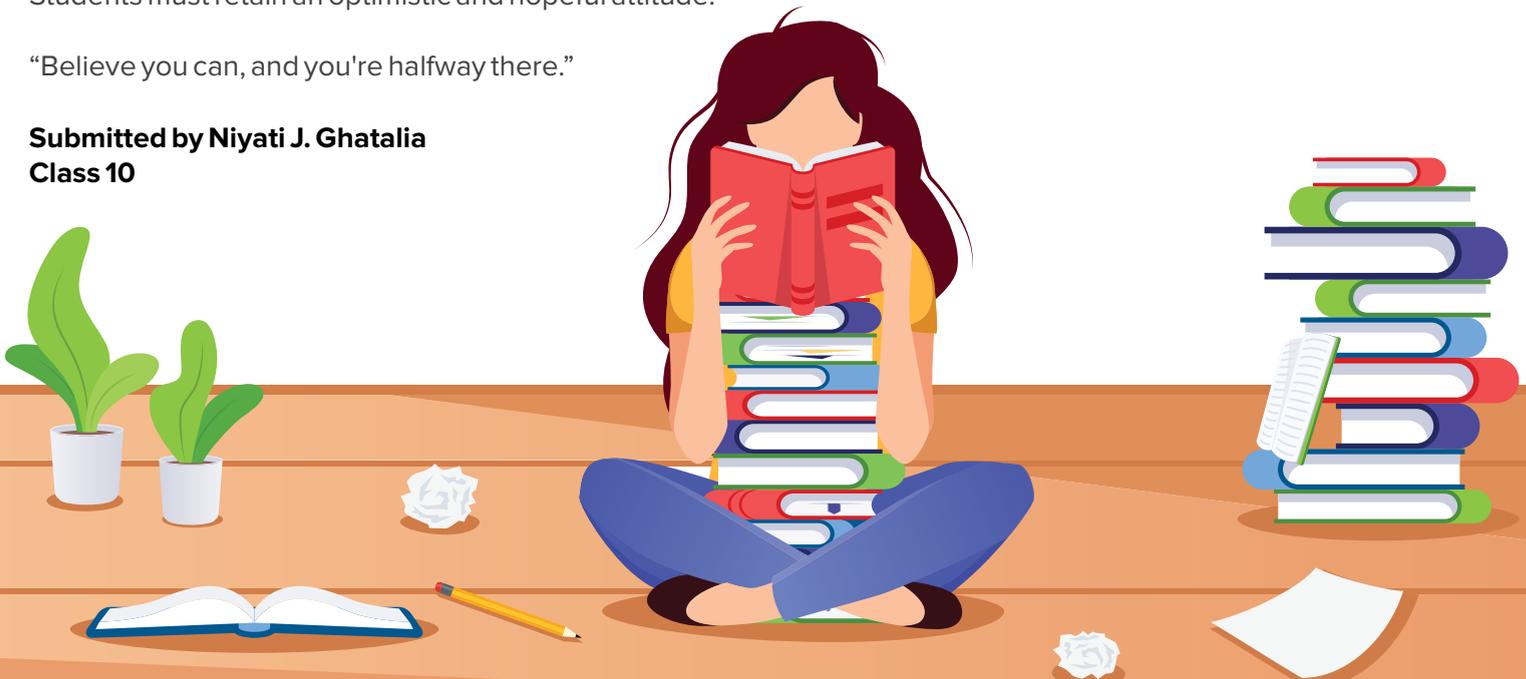
Preparing for exams seems such a challenging task, doesn't it? But a few tips and tricks surely do contribute to making it seem like a piece of cake. Management skills, a good organization, a planned out schedule and proper healthcare are the four major factors that allow students to prepare for their exams in a well-laid-out manner.

To begin with, 'Health is wealth'. Hence, students must prioritize their eating and drinking habits. Health is a much neglected area and so, efforts must be made to enhance it. Students must ensure they stay hydrated and intake healthy eatables that include all vital vitamins and minerals. Furthermore, students must prepare a daily time-table and avoid squandering time on electronic giants such as mobiles, laptops or social media. A digital detox once a week can help students connect with themselves and work out their areas of improvement. They must be organized and complete the assigned tasks to stay up-to-date. Preparing to-do-lists and enlisting all the tasks can contribute at its best. In addition to this, students must work upon their writing habits, too. Solving of Math sums, writing on a creative writing topic daily and prioritizing paper presentation skills are the factors students need to work upon. Writing practice is believed to be of utmost essentiality and working upon the above mentioned factors helps to achieve it.

Preparing for exams can be effective, provided students are organized, disciplined and possess good management skills. Students must retain an optimistic and hopeful attitude.

“Believe you can, and you're halfway there.”

**Submitted by Niyati J. Ghatalia**  
**Class 10**



## PREPARATION IS THE KEY TO SUCCESS

Exams are trying and testing times for students and also a nightmare for some of them. We students prepare for our exams by writing and learning notes. This is when we come under stress and then there is ample chaos and confusion in our minds. But being stressed will not help to overcome this situation. There are several tips and techniques through which we students can be relieved from stress and also helps to attain excellent marks in the examinations. Few of them are listed here:

1. Set a timetable which is practical and achievable.
2. Have a nutritious diet, especially breakfast as it is the first meal of the day.
3. Improve the speed of writing and take small breaks to refresh yourself. Doing this all will assist us to complete our syllabus, revision and be free of stress.

**Submitted by Jyothika Salil Cougnery**  
**Class 9**



## CREATING A PRODUCTIVE RITUAL

Studying is crucial in any student's life as they gain knowledge and are educated about certain topics in every subject. However, there are some students who may show less inclination towards studies. Therefore, we must develop good study habits to create a daily routine of studying in our lives.

First and foremost, make sure to take notes during class and revise them after the class to ameliorate your memory. Additionally, as always mentioned, create an after-school daily timetable for yourself, this can enhance your time-management skills and keep you organized. In addition, write down the assignments given to you in a notebook so that you do not forget them.

Furthermore, make sure to take regular breaks in between so your mind doesn't get tired of continuously swotting information and make sure to get up from your spot. You can study by keeping a reward for yourself once you finish studying. As a result, this can increase the urge for you to complete your work more quickly. However, do not study with the mindset that you need to finish studying quicker but without understanding at all. Lastly, always query your teachers about any ambiguity you have regarding a topic. Hence, this can boost your studying skills and you can attain better grades for the future.

**Submitted by Tvisha Devadiga**  
**Class 9**

## UNLEASH THE SECRET TO EXCELLING IN EXAMINATIONS!



Exams knocking on the door, along with unwanted guests – anxiety, and pressure? Very frazzled? Well, if you want to seek some assistance, this article can help!

### **TIPS AND TRICKS FOR EXAM PREPARATION**

- ✔ Firstly, don't let stress drop your confidence: define targets and challenge yourself!
- ✔ A pivotal tip for doing well in academics is to understand a concept to its depth, rather than just memorizing.
- ✔ Furthermore, do not wait for the spur of the moment, make daily revisions, and practice a habit.
- ✔ Quite clearly, no one disagrees with the fact that time flies during examinations - even though you can't seize its wings, you can definitely manage your schedule! Create an efficient timetable to administer your studies and make sure you follow it with full seriousness and determination.
- ✔ Don't consider studies to be a burden, enjoy it! Ensure that you don't oppress yourself to study, study and only study all day long, make it certain to give your brain sufficient rest and relaxation.
- ✔ Study smart instead of studying hard to avail optimum results! While reading, make notes and highlight key points for quick references in the future.
- ✔ Additionally, study in short chunks to generate interest and escape boredom, read aloud lessons to comprehend better, and solve past papers to test oneself.
- ✔ Mental and Physical well-being is crucial to gain excellence in academics, have a good sleep schedule, and exercise regularly, meditation truly helps to fight distress!
- ✔ Moreover, being regular at completing home assignments and paying thoughtful attention at school is the easiest way to progress.
- ✔ A thumb rule to keep in mind while studying is to maintain a safe distance from all distractions; keep aside your cell phones; study in a silent, tranquil, and well-lit place.
- ✔ If you want to pass with flying colours and add feathers to your hat, analyze yourself, identify your weaknesses, and work on them!

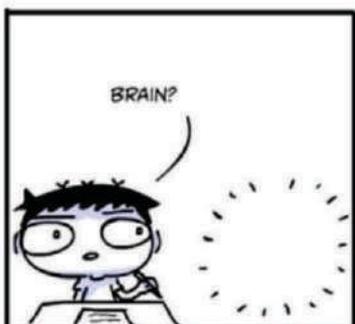
Adhering to all the tips and tricks with utmost dedication will give you a splendid outcome! Give your best shot to achieve your goals and have self-confidence! Have not done well in your previous papers, so what? Work on the present!

**Submitted by Urvi Ghosh**  
**Class 8**

# COMIC STRIPS

## WE CAME PREPARED

BY ZACHSYM

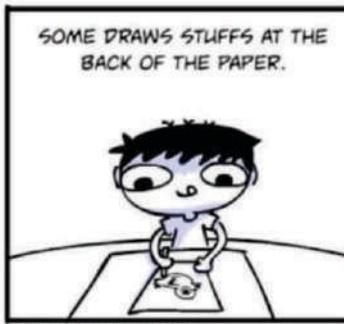
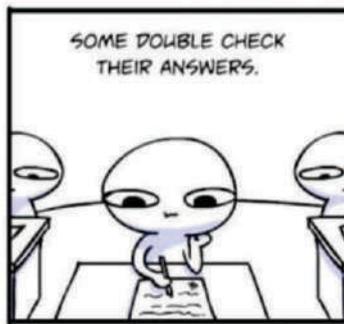


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## WHEN YOU FINISHED EXAM EARLY

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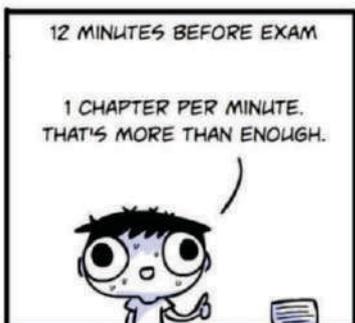
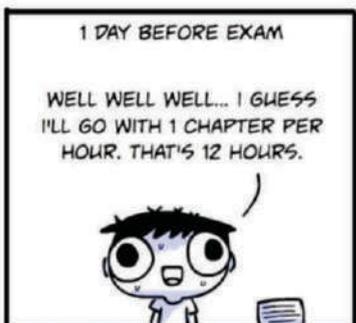
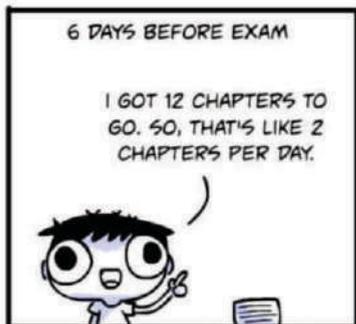


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## TIME MANAGEMENT

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## LIBRARY DURING EXAM SEASON

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# 7 TIPS FOR MANAGING EXAM STRESS

FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables.



Give them time off chores and non-urgent family stuff.

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands.

Have a long term goal



Chat with them about what they want to do after exams finish

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health - eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent

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## MATH PUZZLE

### Math Crossword Puzzle

Fill in the blanks of the crossword puzzle to make the mathematical equations true.

12	+		=	36						
		÷		÷					+	
	-		=	4					23	
x		=		=		÷		=		
		6			x	5	=			
=						=				
56		20	-		=	11			3	
		+		x					x	
84	÷		=							13
		=		=					=	
				63	-		=			

## ARTICLE



## SCHOOL CORNER

'It's exam time.....

Come assessment time, and all of us have butterflies in our stomachs.

"I know I need to study, but I can't concentrate." "Can you please tell me what should I do? I have a lot of things I need to work on, but I don't understand where to start." Sounds familiar? This is what most students feel when exams are around the corner.

Here are a few tips to get the ball rolling for your upcoming assessments.

- Set realistic goals that you can achieve-Monthly, weekly, daily.
- Identify your task.....Make your priority list depending on the number of subjects and topics to be studied.
- Start today!!! Don't wait for tomorrow. It could be writing an answer or two, solving a math problem, or reading an essay.
- 'The writing skill' of the students has taken a backseat during the lockdown...So focus on your writing skill. You need to practice writing on a daily basis. It will not only help you to improve your writing, but it will also help you to increase your speed which is essential for the completion of the task at hand.
- Ensure that you have a balanced diet and sleep well. Don't skip meals. Whether you are studying or about to take an exam, eating right, carrying healthy snacks and plenty of water will greatly aid your concentration levels and give you lots of energy. Remember a poor diet will affect your sleep, your mood and will leave you struggling to focus.
- Make time daily for exercise, playing with friends, a hobby etc. which will help you refresh your mind and give you a break from academics.

Assessments are a part of growth for the students; they are essential for knowledge and capability testing. It evaluates the student's ability to learn. The assessment also helps in developing a number of life skills such as instilling discipline, patience, the ability to stay focused under pressure, developing thinking, making quick decisions, and time management which when mastered helps one to ace any exam.

So, don't stress, take it easy and be ready for your upcoming exams.

'All the very best'

**Ms. Sheeba Mary Laji**  
Secondary teacher, DSRVM

Did you like our newsletter? Do send your feedback and share your stories of positivity in real life.  
Be a part of the movement to build a positive and a harmonious society.  
Write to us at [studentcouncil@dsrvmalad.org](mailto:studentcouncil@dsrvmalad.org)