

PRINCIPAL'S MESSAGE

Lao-Tzu the Chinese philosopher said: "A journey of a thousand miles must begin with a single step." It is easy to be envious of the achievements of others as we do not try to understand what it has taken for the successful to get where they are. In failing to do so we also fail to learn what it would take to attain the same level of achievement and success . But, if you take time to truly think about it, you will find that success is no mystery but taking one step at a time... one small step to success.

The understanding of this mantra becomes more relevant when we have to take the Board Exams and understand life at large. There are simple steps to improve your concentration to achieve success.

Start studying early : Don't do the last minute study because then you are bound to miss out on many topics and though you might pass but you will not be able to secure the percentage that will be helpful in getting admission for higher studies in reputed colleges.

Make a Time Table: Plan things before hand and stay organized.

Divide study material: If you have a large amount of material to cover, try dividing it into smaller chunks and start studying the most difficult sections first. Go over that material just before the exam so it's fresh in your mind. To fix it in your memory, practice recalling the information aloud or try explaining it to someone else or discuss the topic with your friends.

Take a break, if you must, but don't give up: Replenish and re energize your mind and body by indulging in activities of your interest. Learning diminishes with fatigue and you'll think more clearly if you've taken proper rest. Give yourself frequent breaks to keep your mind alert.

Exercise: Brisk walking or jogging will keep you happy and the brain active giving you the required energy for the day.

Eat Right: Avoid fatty, high protein foods which make the mind sluggish and add those extra kilos to your body. Go in for light meals such as salads, especially at night. A glass of hot milk before going to bed induces sound sleep.

Be Focussed: Remain cool, relaxed and have confidence in yourself. Do not discuss much with your peers and friends before entering the examination hall.

I hope that these tips will help you to achieve success in the oncoming school and Board examinations.

ALL THE BEST!

