



Some Useful Tips

❖ ***How do I deal with exam related stress?***

Recognize your negative thoughts. Once you closely examine these thoughts you'll see how unrealistic they are. Challenge the thoughts that say you are a failure and that you can't succeed. Remind yourself that it was just another exam and with effort, you will do better in your next attempt.

❖ ***What if I do badly?***

Replace self-criticism with self-correction. Judging yourself harshly now won't help you do better in the future. Take the position of an observer. What if a good friend told you he had failed? Would you call him a failure? Most probably you would emphasize his good points and help him put the situation in perspective.

❖ ***How do I deal with my family's disappointment if my results are not good?***

Be open and honest with them. Share what you feel about the result and what you think went wrong. Reassure them of your concern and efforts. Above all, do not have a negative bias against your parents because sometimes they need more reassuring than you do.

❖ ***What if I don't get the marks I'm expecting?***

Concentrate on your achievements and be realistic about your expectations as well. Usually we know when we have made a mistake, so take these into account while drawing up expected marks. If you are still dissatisfied with the results, the option of rechecking is always open.

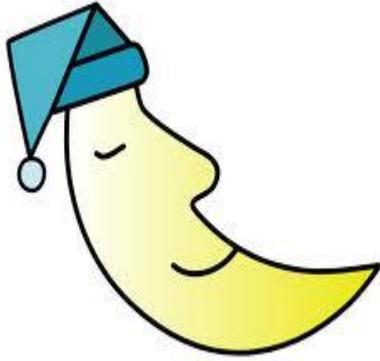


❖ ***I think there is too much pressure and I can't cope with it.***

Take professional help. If you feel that there is pressure and you are unable to handle it and your self-esteem is coming down and you are unable to cope, then you must consult a psychiatrist to help you tide over this phase.

❖ ***Everyone tells me to concentrate on my studies.***

Don't stop enjoying life. One of the common mistakes an individual makes is to totally change his lifestyle. This is under the assumption that if he isolates himself from all leisure and fun times with friends and family and only study, then he will do better.



❖ **How much sleep is required?**

The human body requires an average of 8 hours of sleep per day. But there is no hard and fast rule. Each one of us has to understand our body rhythm and know by trial and error how many hours of sleep keeps us fit.

❖ **What happens if we sleep less than what our body requires?**

If you sleep less for a day or two your body copes up by taking more sleep over next two days. If continued for long then the body gets into what is known as **sleep deprivation syndrome** because it accumulates so many hours of **Sleep Debt**. Then you get symptoms of feeling tired and sleepy, headaches, body aches, poor digestion, inability to concentrate, irritability, short temperedness etc

❖ **Should I study in the morning or at night?**

First understand whether you are an **owl or a lark**. IF you can get up early in the morning and feel fresh then you must sleep early and get up early and study. If on the other hand you can study late at night but cannot feel fresh when you get up early to study then you must sleep late after studying and get up later in the morning.

❖ **How do you get a good night sleep?**

Try to keep a fixed time every night for sleeping as far as possible. Avoid afternoon prolonged sleeping; a short nap may be helpful. One hour before bed-time avoid stimulating your sensory system by too much noise like loud music, too much TV, arguments or fights. Three hours before sleep time avoid taking any food or liquids, which contain caffeine, like aerated coal drinks, drinks containing chocolate.

❖ **To keep awake for studying students drink lots of coffee. What is the harm?**

Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day may be Ok. Excessive coffee drinking gives side effects like tremors, fast pulse rate, irritability, and acidity and stomach pain. Coffee also causes addiction.

❖ **Why exercise during exam time?**

Most children will say they have no time for exercise during exam days. They are already stressed out with lack of time, how can they waste time in exercise? The fact is that exercise is all the more necessary during exam time because not only is it a "stress buster " but also has many other health benefits needed to keep fit during exam.



❖ ***How does exercise help you mentally?***

Regular aerobic exercise releases some good chemicals in our body. These are called endorphins. These make you feel happy. They counter the effects of stress, depression and anxiety that all students suffer from during exam time. So after exercising you get a “**Natural kick**” which is longer lasting and safe unlike drugs or stimulants like caffeine. It also helps you in weight loss and that will make you feel good about yourself.

❖ ***What are long-term benefits of exercise?***

Regular exercise will not only help you during exam but later in life you will have longer life and less risk of obesity, high blood pressure, heart attacks, diabetes, cancer and mental depression.

❖ ***Why do adolescents feel hungry all the time?***

The body demands more calories during adolescence. Boys require about 2800 calories and girls about 2200 per day. Teens who are big and tall and participate in lot of physical quire more.

❖ ***How can I inculcate positive attitude towards future when I feel so scared?***

- ✓ Don't keep on thinking about the future.
- ✓ Believe in yourself.
- ✓ Try to put your best effort.
- ✓ Learn from your previous experiences papers and work more on your weak areas.
- ✓ Always remember that no one can see the future but what you can do is, prepare best for tomorrow.

❖ ***Do all children experience same kind of stress?***

No, not all children feel stressed. For many youngsters, stress is not negative. Those who have confidence in themselves anticipate achievement and do not feel stressed at all.

- ❖ ***DO NOT MISS BREAKFAST*** If you miss breakfast then by the time you have lunch nearly 10 -12 hours have gone by after your last meal. This means your blood sugar level has gone and you have nothing to provide your body with energy. This low blood sugar or hypoglycemia causes short-term memory problems, difficulty in concentration problem solving.

- ❖ ***DO NOT HAVE A VERY HEAVY DINNER*** You will feel very heavy and sleepy and will not be able to study well.

1. What is the procedure for private candidates (appearing from Delhi region) to collect their admit card?

Intimation letters to all the private candidates appearing for class X & XII examination 2012 will be sent. Private candidates may collect admit card from the examination centre mentioned in their intimation letter. In case intimation letter is not received, it may be printed from CBSE website www.cbse.nic.in and on production of the same at the examination centre.

Admit Card can be collected or CBSE Regional Office at Institutional Area, I. P. Extension, Patparganj, Delhi can also be contacted during normal working hours.

2. What is the provision for private candidates to collect their result?

Private candidates are advised to collect their result from their Examination Centre. The result will not be available at the office of the Board the public is advised not to come to the Board's Office for collection of result.

3. Does the Board provide any supplementary material for students preparing for X & XII examinations?

Yes, the Board publishes Sample Question Papers and Marking Schemes in main subjects in Class X & XII which can be purchased from any of the Board's offices or downloaded from the Board's website www.cbse.nic.in



4. Are the questions of Sr. Sec. Exam. strictly based on NCERT books?

NCERT books are recommended for studies as they cover the prescribed syllabus. At Sr. Sec. level there is no harm in consulting other books also.

5. Is it compulsory to pass in theory and practical exams. separately?

Yes, it is compulsory to pass separately in the subjects involving theory and practical in Class XII.

6. What are the kinds of questions asked in Physics, Chemistry and Biology and how should one attempt the questions?

The Board publishes Sample Question Papers in all the main subjects every year along with Marking Schemes. It is better to procure a copy of each publication. Board's website www.cbse.nic.in can also be visited.

7. Is there negative marking for exceeding word limit?

No, the marks are not cut for exceeding the word limit. However, it is better to restrict to the specified word limit. This should be practiced at the time of revision, which will also help in completing the paper within the allotted time.

8. Will the examiner cut marks if the answers are not written in serial order?

No marks are cut. However, it is advised that the answers should be written in correct serial order as far as possible.

9. What is the procedure followed in marking the answers?

Each answer is divided into steps and marks are given in accordance to the weightage assigned for these steps. It is advised that a copy of Marking Scheme be procured to get a clear idea.

10. Does poor handwriting affect performance in the Board exams? What is the correct speed rate to follow?

Answers should be written in a hand which can be read easily by the examiner. Being neat and legible is important. There is no speed rate prescribed. It is better to divide time and plan answers while reading the question paper in the beginning.

11. Will a student lose marks if he/she opts for Hindi as a medium for writing +2 examinations?

No, certainly not. The Board gives option of medium to the students to answer questions in Hindi or English. The marks are deducted only in case of wrong answers.

12. If one gets good marks in the pre-boards what does it indicate? Will the marks in the Board also be good as well?

Getting good marks in the Pre-boards clearly indicates that one has prepared well. Being consistent in preparations will definitely fetch good marks in board exams as well.

13. Are marks deducted for missing steps in Math?

Yes, marks are deducted for missing steps. It will be better to get a copy of the Marking Scheme to know about the weight age and steps and practice according.

14. Is a new mark sheet issued after revision?

Yes, a new mark-sheet is issued after the revision whether upward or downward. The candidate has to surrender the old marks statement. In case of change in marks, the fee is also refunded to the candidate.

14. If a candidate passes in the additional subject but fails in one of the main subjects, what will the result show?

For class XII: In respect of a candidate offering an additional subject, the following norms shall be applied:

A language offered as an additional subject may replace a language in the event of a candidate failing in the same provided after replacement the candidate has English/Hindi as one of the languages.

An elective subject offered as an additional subject may replace one of the elective subjects offered by the candidate. It may also replace a language provided after replacement the candidate has English/Hindi as one of the languages.

Additional language offered at elective level may replace an elective subject provided after replacement the number of languages offered shall not exceed two.

For class X: In respect of a candidate offering an additional subject, the following norms shall be applied:

A language offered as an additional subject may replace a language in the event of a candidate failing in the same provided after replacement the candidate has English/Hindi as one of the languages; and

The replacement shall satisfy the conditions as laid down in the scheme of Studies.

How the grades will be awarded to the students on the basis of class IX as well as class X combined as CGPA?

Term I and Term II will have following weight age for class IX for 2012-13:

Term I: FA1 (10%) + FA2 (10%) +SA1 (30%) = 50%

Term II: FA3 (10%) + FA4 (10%) +SA2 (30%) = 50%

Formative Assessments: FA1 (10%) + FA2 (10%) + FA3 (10%)+
FA4 (10%)+40%

Summative Assessments: SA1 (30%) + SA2 (30%) = 60%

Term I and Term II will have following weight age for class X for 2012-13:

Term I: FA1 (10%) + FA2 (10%) +SA1 (20%) = 40%

Term II: FA3 (10%) + FA4 (10%) +SA2 (40%) = 60%

Formative Assessments: FA1 (10%) + FA2 (10%) + FA3 (10%) +
FA4 (10%) +40%

Summative Assessments: SA1 (20%) + SA2 (40%) = 60%



What is the minimum Grade to qualify a subject?

In class X to qualify a subject, a candidate must obtain minimum of grade D.

What is the procedure of appearing in additional subject?

An additional subject may be offered within 6 years of passing the examination of the Board provided the additional subject is prescribed in the Scheme of Studies. No exemption from time limit is given after six years. This facility is available at the annual examination only.

However, candidates appearing in six subjects at the Senior School Certificate (Class XII) Examination and being declared pass by virtue of replacement of subject may appear in the failing subject at the Compartment Examination to be held in July/August the same year.

Can a candidate simultaneously appear for Improvement as well as Additional subject examination?

No, a candidate appearing for Improvement in one or more subjects cannot appear for additional subject examination simultaneously.

The 10th class certificate is considered to be an important document for the purpose of further education, employment etc, But with the board having made the class 10th board examination optional, will the class 12th certificate be enough for such purposes?

The School based Evaluation Certificate will be issued by the Board only to all the students irrespective of their appearing for Summative Examination II conducted by the School or by the Board.

If a student decides to drop one year, what will be the syllabus applicable for the next examination, the old or the new?

The candidate will have to study the syllabus recommended for the year in which he/she plans to give the examination.



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