

Dear ,

Greetings and prayerful wished to you from Dr. I. Sebastian, the Executive Director of St. Joseph's Development Trust, Genguvarpatti

Our children are in great pressure as they are starting their annual exams in the month of March. The children will have to write exams based on the one year of their learning's.

Most of questions will be requiring children to reproduce what they memorized. So children are in tremendous memory gym.

We conducted a small counseling session for the senior girls how to prepare themselves for their exams.

Following are some of the points we suggested to them.

1. **Start early:** Begin your exam preparation well in advance so you have enough time to cover all the material without feeling rushed.
2. **Create a study schedule:** Make a study timetable that breaks down your study material into manageable sections. This can help you stay organized and cover all the necessary topics.
3. **Understand the exam format:** Familiarize yourself with the exam format, structure, and marking scheme so you know what to expect on the day of the exam.
4. **Practice past papers:** Practice solving past exam papers to get a sense of the types of questions that may be asked and to improve your time management skills.
5. **Take breaks:** Don't study for long stretches without taking breaks. Taking short breaks can help improve focus and prevent burnout.
6. **Stay healthy:** Get enough sleep, eat well, and exercise regularly during your exam period. A healthy body supports a healthy mind.
7. **Stay positive:** Maintain a positive attitude towards exams. Believe in yourself and your abilities to succeed.
8. **Ask for help:** if you're struggling with any topics or concepts, don't hesitate to ask your teachers, classmates or tutors for help.

9. **Stay clam:** On the day of the exam, try to stay clam and focused. Take deep breaths if you start feeling anxious, and remember that you've prepared to the best of your abilities.
10. **Review and revise:** Use the last few days before the exam to review your notes, Summaries, and key points don't try to learn new material at the last minute.

Remember, Exams are just one way to assess your knowledge and skills. Do your best, but also remember to take care of yourself and maintain a balanced approach to studying. Good Luck!

In addition to give confidence we distributed some dress as anticipated appreciation and I enclose sample photos.

Once again wishing you all the best.

With Kind Regards,
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