

Help from the counselor.....always at your doorstep!

Counsellors play a crucial role in helping children who encounter any sort of examination stress. There is no harm in visiting the counsellor to relieve oneself from the stressful situation. They serve as teachers and advisors. They help students to

- examine their personalities
- understand their challenges,
- explore the various options and finally
- arrive at a workable strategy.

Counseling sessions may entail long hours, intense listening to facilitate the abilities of the students to think. Certain things to be kept in mind.

- A session or two with a counselor helps to make a perspective.
- Counseling usually involves a number of techniques customized to the needs and concerns of an individual.
- Counselor provides information about typical responses to stress and gives the student an opportunity to express feelings that he / she might find difficult to confide in others.
- Before meeting the counselor, the student/parent can make a list of difficulties and have a plan for addressing them one by one.
- You will be able to bounce your ideas off the counselor with the aim of choosing strategies that are most likely to succeed and avoiding actions that will make the situation worse.
- The counselor encourages the student to seek support from friends and family, also encourages to adopt a more positive attitude, to see opportunities that are latent in most of us.
- The counselor helps to discourage the student from viewing the situation as catastrophic with no resolution in sight.

Key thoughts to ponder

Key points to ponder (A)

- *To make steady progress we must understand ourselves.*
- *Good health is important for all progress in life.*
- *Despite better health consciousness and facilities, more youngsters suffer from health problem.*
- *A balanced diet provides the nutritional requirements of the body.*

- *Exercise is as important as good nutrition.*
- *Avoiding rest, relaxation and sleep is like burning a candle at both ends.*
- *Family support ensures better emotional health to achieve our goals.*

- *Even average students can excel if they study effectively. Ensure the effectiveness of your work.*
- *A timetable places a definite schedule of action before you.*
- *The place of study sets one's mood for study. Make your place of study comfortable.*
- *A comfortable chair and table are necessary for effective study.*
- *A well-lit study place prevents eyestrain, headache and stress.*
- *Avoid interruptions at study time. They are major time wasters.*

- *Habits are building blocks for both success and failure.*
- *Good study habits ensure positive results.*
- *A comfortable place of study sets the mood for study.*
- *Those who enjoy studying learn quickly.*
- *Concentration helps you study effectively.*
- *Memorizing or mugging is not a good alternative to having a proper grasp of the subject.*
- *Boredom is a state of mind. Achievers do not wait for inspiration. Good study habits ensure steady learning everyday.*

"Life's battles don't always go to the stronger or faster man, but sooner or later the man who wins, is the man Who Thinks He Can".

The **5 "A's"** for Controlling the Exam Stress:

- 1. Acknowledging the stress and strain** - In everyday life, stress manifests as mental or physical tension, which you would rather not have. Recognize that stressors of various kind are inevitable and in the preparedness of life, one needs to learn to handle them. Examination is one of them.
- 2. Appreciating what causes your stress** -Then, instead of blaming yourself or failing to cope, you enumerate and end up pinpointing the sources and then tackling that.
- 3. Alleviating the pressures** is all about resorting to simple stress-busting techniques. Perhaps you have calming vision to look at when you need a mental escape from your surroundings. Or you may relax your muscle before you go to sleep.
- 4. Altering your lifestyle** is the next step towards Exam Stress. Once you've seen the benefits of relaxation, it will encourage you to develop more permanent ways of reducing stress. If stress continues to be persistent, either you haven't tried the major stress alleviating formulae or alternately you haven't kept them up long enough to deliver the needed result.
- 5. Avoiding** – This last step is the toughest but also the most beneficial. You have to start avoiding stress increasing habits and burnouts. Completely avoid sleeping pills, smoking and "memory" pills etc. Avoid irregular eating, sleeping and sedentary habits which may compound the levels of stress.

What does it take to be a champion?

Desire, dedication, determination, concentration and.....

The will to win

If you need help please mail us your query to needhelp@brainrhyme.com