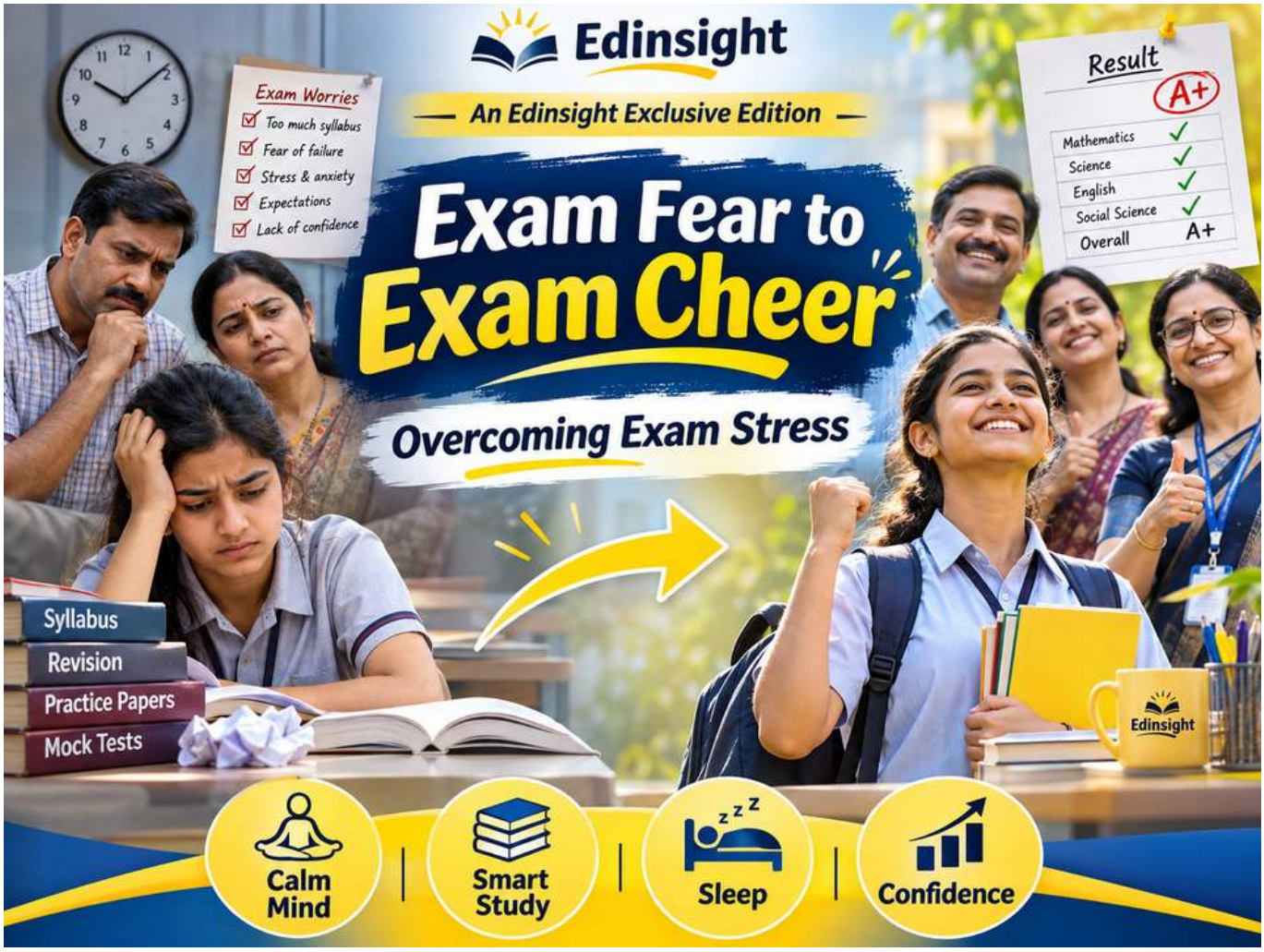


Exam Fear to Exam Cheer

Overcoming Exam Stress

An Edinsight Exclusive Edition

A practical, student-friendly course to help learners move from worry and panic to calm preparation, better habits, and confident exam performance.

Ideal for	Middle-school and secondary students, parents and teachers
Format	Short lessons, practical tools, reflection pages and revision checklists
Goal	Reduce exam stress and build steady confidence

About This Course

Exams can bring pressure, self-doubt and physical symptoms like headache, poor sleep or stomach uneasiness. The good news is that exam stress is manageable. This course teaches simple habits and practical mental tools that students can use right away.

The course is written in clear, supportive English. It does not ask students to become “perfect”; instead, it helps them build a calm routine, make a realistic plan, and take one helpful step at a time.

The pages are organized like a practical workbook: explanation, example, strategy, quick practice and reflection.

Learning Outcomes

- Understand what exam stress is and why it happens.
- Recognize emotional, physical and study-related signs of stress.
- Break panic into a clear study plan with daily actions.
- Use better revision methods to improve memory and focus.
- Apply calm-down strategies before and during exams.
- Build healthy habits that support exam success.
- Use an exam-day routine that creates confidence.

CONTENTS

How to Use This Book

- Read one chapter at a time.
- Try at least one “action step” from every chapter.
- Use the reflection pages honestly—there are no marks here.
- Repeat the breathing, planning and focus tools until they feel natural.
- Parents or teachers may use the support appendix at the end.

Contents

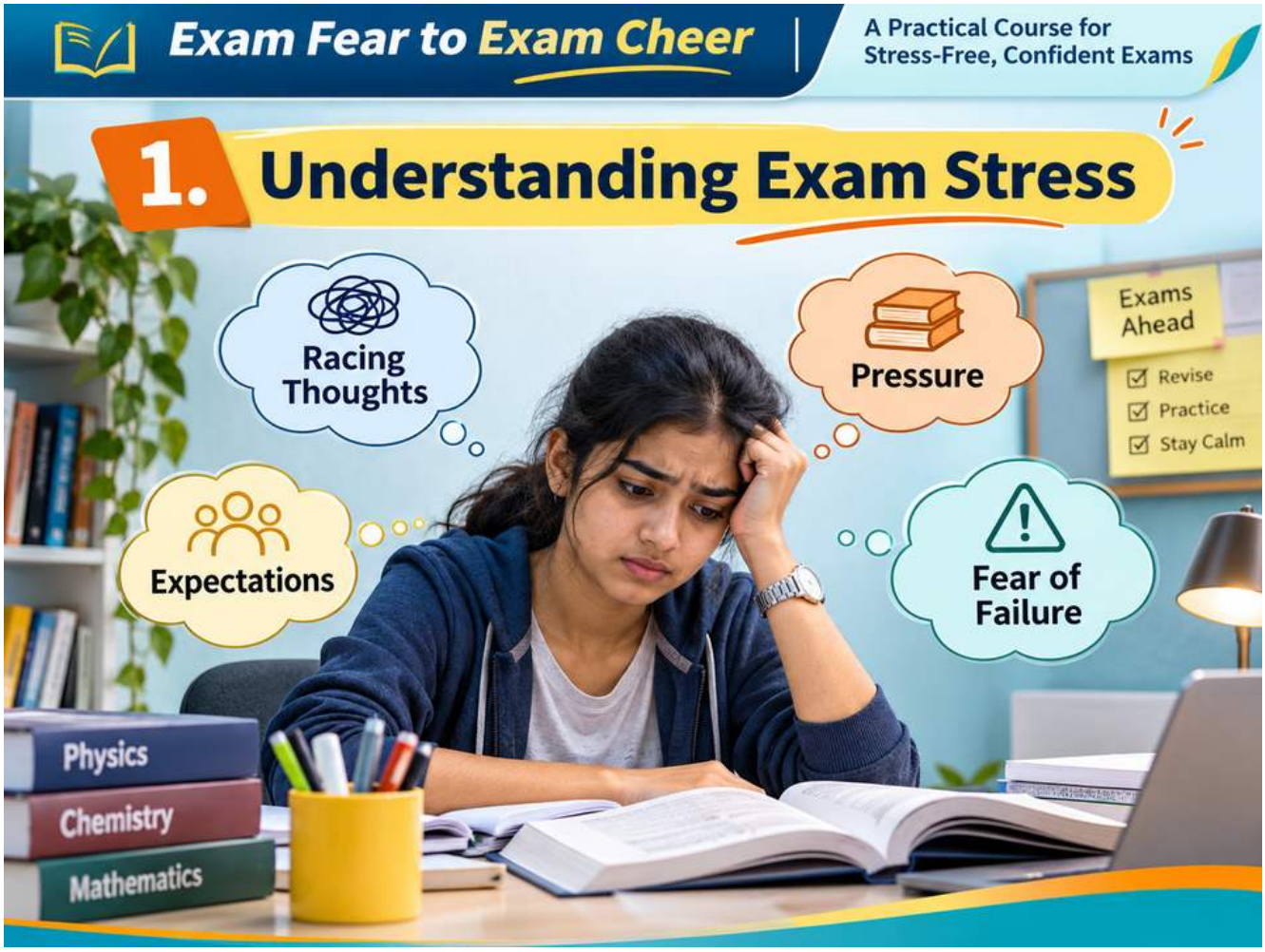
1. 1. Understanding Exam Stress
2. 2. Spot the Signs
3. 3. From Panic to Plan
4. 4. Focus, Memory and Revision
5. 5. Calm the Mind
6. 6. Healthy Habits for Exam Success
7. 7. Exam Day Cheer

Appendix A: 7-Day Confidence Reset

Appendix B: Parent and Teacher Support

Appendix C: Quick Answer Key and Exam Cheer Pledge

CONTENTS



Chapter 1: Understanding Exam Stress

Exam stress is your mind and body reacting to an important challenge.

A little stress can push you to prepare; too much stress can freeze thinking and drain confidence.

Stress often grows when expectations feel huge and the plan feels unclear.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Exam stress is your mind and body reacting to an important challenge.
Why it matters	A little stress can push you to prepare; too much stress can freeze thinking and drain confidence.
Main message	Stress often grows when expectations feel huge and the plan feels unclear.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Riya knows her exams matter. She wants to do well, but every time she opens her books, she thinks about marks, comparison, and “what if I fail?” She is not lazy—she is overloaded.

Try This Today

- Name the worry clearly.
- Ask: “What is in my control today?”

CONTENTS

Practical Strategies

- Name the worry clearly.
- Ask: “What is in my control today?”
- Turn one big fear into one small action.
- Talk to a trusted adult when stress feels too heavy.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. What worries you most about exams right now?

2. What part of the exam situation is in your control?

3. What is one action you can take today?

My one change this week:

CONTENTS

Quick Check Quiz

1. Exam stress becomes stronger when: Q1:

A. you have a clear plan
B. the task feels unclear and important
C. you sleep well
D. you revise slowly

2. A healthy first step is to: Q2:

A. ignore your feelings
B. name the worry
C. compare yourself to others
D. quit studying

3. One thing in your control is: Q3:

A. the whole exam paper
B. other students' marks
C. today's revision plan
D. the examiner's mood

4. A little stress can sometimes: Q4:

A. help you prepare
B. ruin every result
C. remove all memory
D. make sleep unnecessary

5. When stress feels too much, you should: Q5:

A. hide it completely
B. talk to a trusted adult
C. skip meals
D. study all night

Circle or note your answers, then check the answer key at the end of the book.

CONTENTS

Chapter Recap

• The big idea in Understanding Exam Stress: Exam stress is your mind and body reacting to an important challenge.

• Remember this: A little stress can push you to prepare; too much stress can freeze thinking and drain confidence.

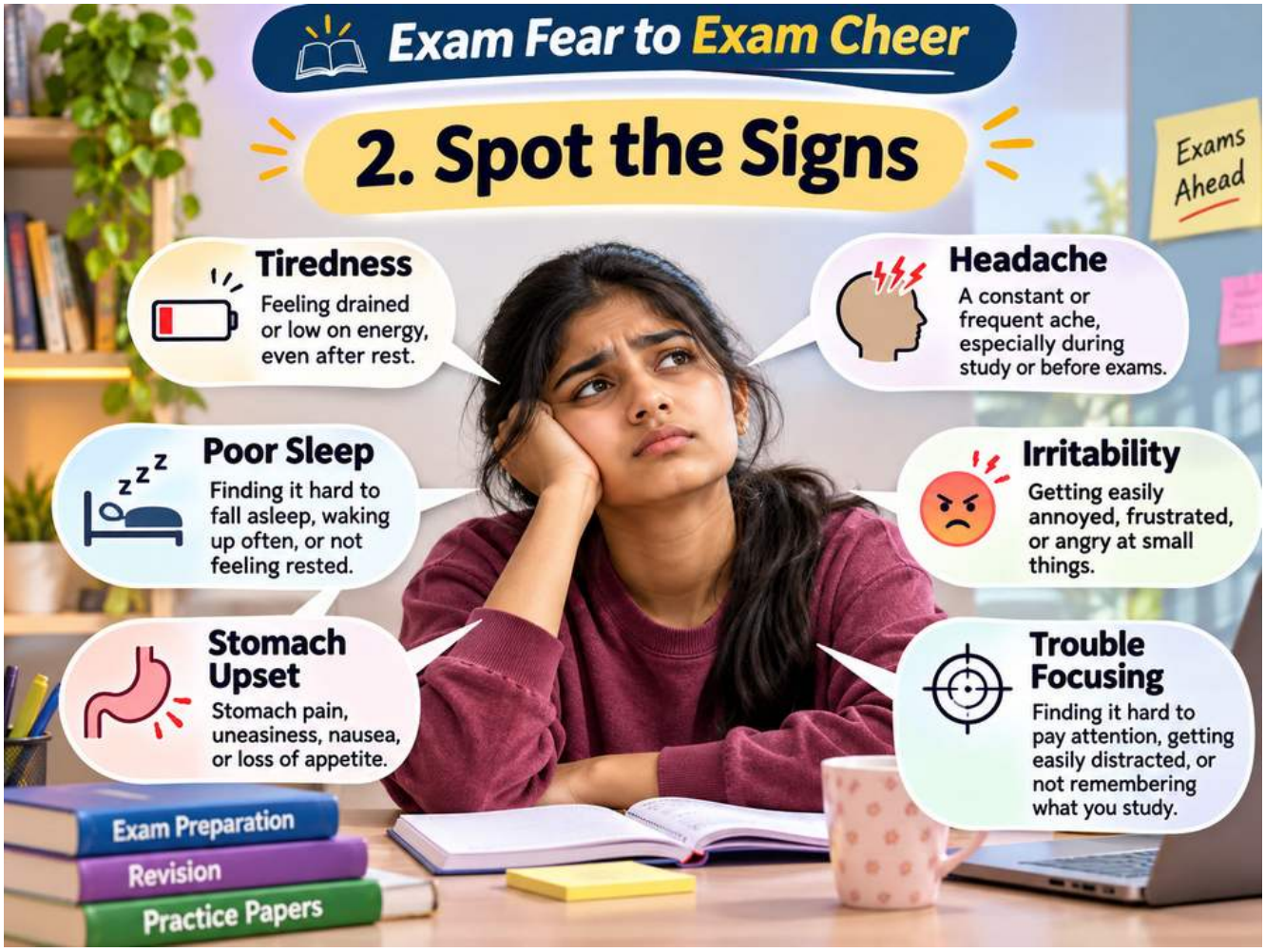
• Put it into action: Name the worry clearly.

• Keep going: Ask: “What is in my control today?”

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 2: Spot the Signs

Stress shows up in the body, emotions and study habits.

Common signs include tiredness, headache, poor sleep, irritability and trouble focusing.

Recognizing signs early helps you respond before panic builds.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Stress shows up in the body, emotions and study habits.
Why it matters	Common signs include tiredness, headache, poor sleep, irritability and trouble focusing.
Main message	Recognizing signs early helps you respond before panic builds.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Arjun thinks he is “just distracted”, but he has been sleeping late, snapping at family, getting headaches and forgetting what he studied. These are stress signals, not personal weakness.

Try This Today

- Use a “stress thermometer” from 1 to 10 every evening.
- Circle body signs, mind signs and habit signs you notice.

CONTENTS

Practical Strategies

- Use a “stress thermometer” from 1 to 10 every evening.
- Circle body signs, mind signs and habit signs you notice.
- Notice patterns: Which subject or situation triggers the strongest reaction?
- Tell someone what you are noticing.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. Which signs have you noticed in yourself?

2. When do these signs usually appear?

3. What will you do when you notice them next time?

My one change this week:

CONTENTS

Quick Check Quiz

1. Which is a physical sign of exam stress? Q1:

A. headache
B. cheating
C. tallness
D. silence

2. Trouble focusing is usually a: Q2:

A. study superpower
B. possible stress sign
C. sure sign of laziness
D. holiday mood

3. Why notice the signs early? Q3:

A. to worry more
B. to compare yourself
C. to respond sooner
D. to stop all studying

4. Poor sleep can: Q4:

A. support calm revision
B. make focus harder
C. remove stress fully
D. improve anxiety

5. A daily stress rating helps you: Q5:

A. hide patterns
B. notice patterns
C. increase panic automatically
D. avoid all work

Circle or note your answers, then check the answer key at the end of the book.

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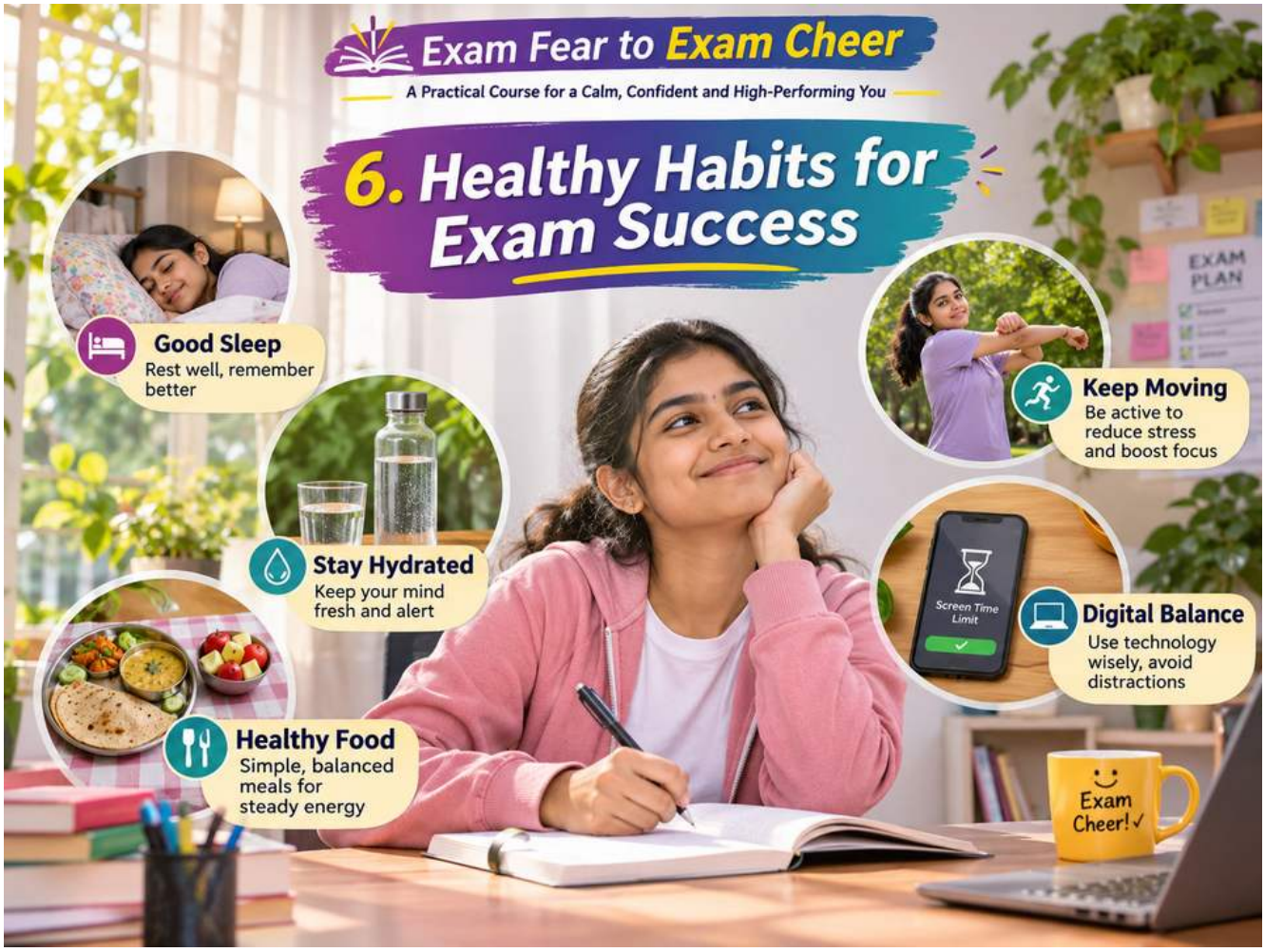
Chapter Recap

- The big idea in Spot the Signs: Stress shows up in the body, emotions and study habits.
- Remember this: Common signs include tiredness, headache, poor sleep, irritability and trouble focusing.
- Put it into action: Use a “stress thermometer” from 1 to 10 every evening.
- Keep going: Circle body signs, mind signs and habit signs you notice.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 3: From Panic to Plan

Panic shrinks when work becomes visible and manageable.

A plan should include subject priority, small goals and revision blocks.

Good plans are realistic, not overloaded.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Panic shrinks when work becomes visible and manageable.
Why it matters	A plan should include subject priority, small goals and revision blocks.
Main message	Good plans are realistic, not overloaded.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Mehul used to stare at his entire syllabus and feel defeated. Once he divided it by days, focused first on difficult topics and fixed revision slots, the same syllabus felt possible.

Try This Today

- List all chapters once—do not keep them in your head.
- Mark topics as easy, medium or difficult.

CONTENTS

Practical Strategies

- List all chapters once—do not keep them in your head.
- Mark topics as easy, medium or difficult.
- Create 40–50 minute study blocks with short breaks.
- Keep one flexible slot every day for unfinished work.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. Which subject needs the most attention this week?

2. What are your three smallest possible study goals for tomorrow?

3. When will you schedule revision?

My one change this week:

CONTENTS

Quick Check Quiz

1. The best plan is: Q1:

A. packed every minute
B. realistic and clear
C. based only on fear
D. copied blindly

2. A useful first step is: Q2:

A. panic silently
B. list all chapters
C. study only the easiest topic forever
D. sleep less

3. Subject priority means: Q3:

A. ignoring weak topics
B. choosing what needs more attention first
C. studying favourite subjects only
D. removing revision

4. Revision blocks help by: Q4:

A. wasting time
B. improving retention
C. causing confusion
D. removing sleep

5. A flexible slot in a timetable is useful because: Q5:

A. plans never change
B. unfinished work happens
C. it increases stress
D. it replaces all subjects

Circle or note your answers, then check the answer key at the end of the book.

CONTENTS

Chapter Recap

- The big idea in From Panic to Plan: Panic shrinks when work becomes visible and manageable.
- Remember this: A plan should include subject priority, small goals and revision blocks.
- Put it into action: List all chapters once—do not keep them in your head.
- Keep going: Mark topics as easy, medium or difficult.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 4: Focus, Memory and Revision

Memory improves when you actively pull information out of your brain.

Spaced repetition works better than last-minute rereading.

Short breaks and distraction-free study improve quality, not just quantity.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Memory improves when you actively pull information out of your brain.
Why it matters	Spaced repetition works better than last-minute rereading.
Main message	Short breaks and distraction-free study improve quality, not just quantity.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Sara reread her science chapter three times but remembered little. When she switched to active recall—covering answers, using flashcards and solving questions—she remembered much more.

Try This Today

- Use active recall: ask questions, explain aloud, solve without looking.
- Revisit topics after 1 day, 3 days and 1 week.

CONTENTS

Practical Strategies

- Use active recall: ask questions, explain aloud, solve without looking.
- Revisit topics after 1 day, 3 days and 1 week.
- Keep your phone on silent or in another room.
- Use focused study sessions followed by 5–10 minute breaks.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. Which revision method will you improve first?

2. When will you do your next spaced revision?

3. What distracts you the most while studying?

My one change this week:

CONTENTS

Quick Check Quiz

1. Active recall means: Q1:

A. only reading quietly
B. testing yourself from memory
C. watching more videos
D. copying notes beautifully

2. Spaced repetition is: Q2:

A. revising at intervals
B. studying once only
C. skipping difficult topics
D. memorizing overnight

3. Which helps focus? Q3:

A. constant notifications
B. phone on silent
C. open many tabs
D. social media breaks

4. Short breaks are useful because they: Q4:

A. refresh attention
B. erase memory
C. increase panic
D. replace revision

5. Which is better for memory? Q5:

A. passive rereading only
B. active recall plus spacing
C. worrying about marks
D. all-night cramming

Circle or note your answers, then check the answer key at the end of the book.

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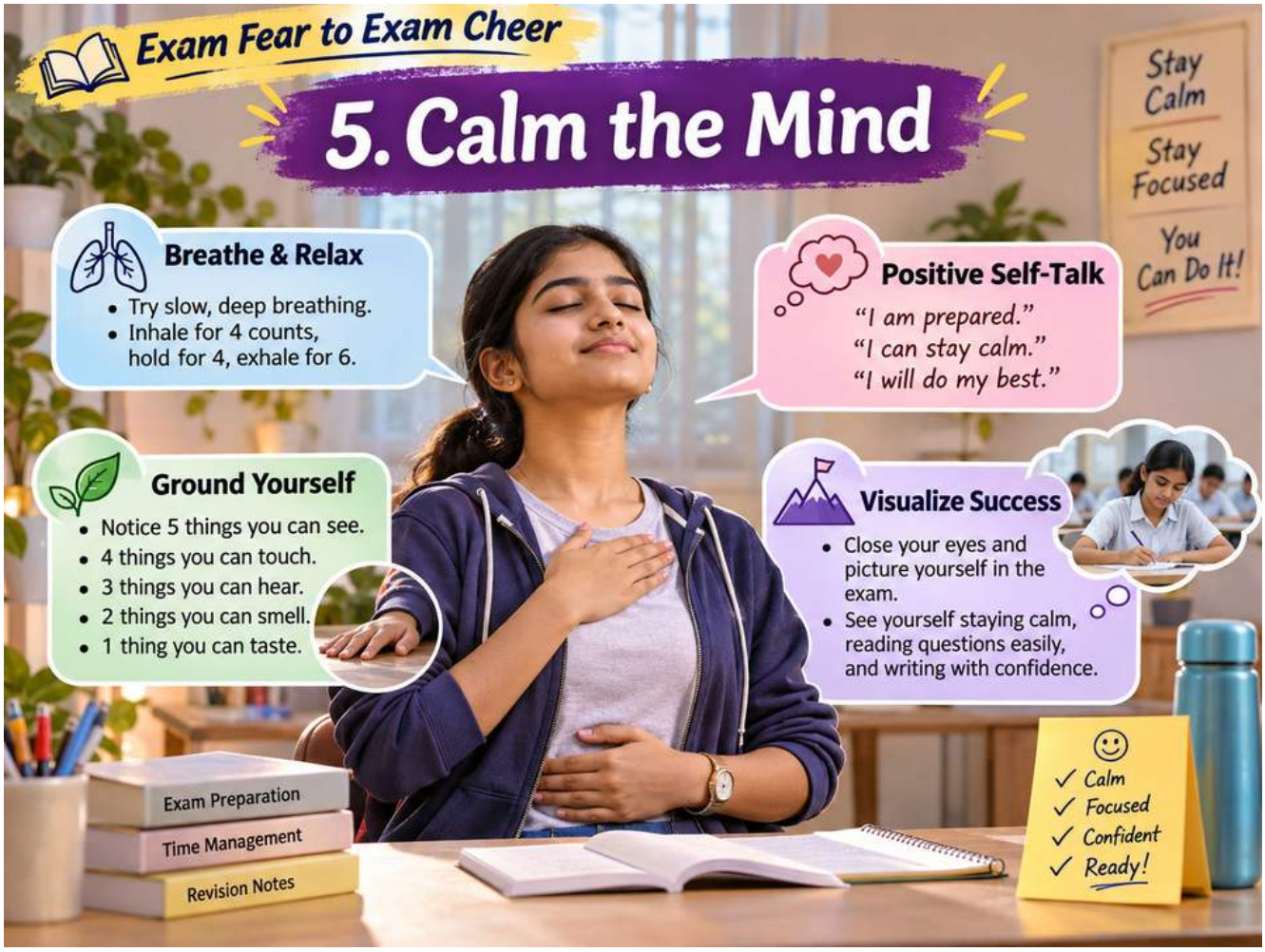
Chapter Recap

- The big idea in Focus, Memory and Revision: Memory improves when you actively pull information out of your brain.
- Remember this: Spaced repetition works better than last-minute rereading.
- Put it into action: Use active recall: ask questions, explain aloud, solve without looking.
- Keep going: Revisit topics after 1 day, 3 days and 1 week.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 5: Calm the Mind

The body can be guided back toward calm through breath, grounding and self-talk.

Calm is a skill, not a personality type.

Practised calm tools work better than last-minute tricks.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	The body can be guided back toward calm through breath, grounding and self-talk.
Why it matters	Calm is a skill, not a personality type.
Main message	Practised calm tools work better than last-minute tricks.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Before maths tests, Ananya’s hands shook and her thoughts raced. Once she practised slow breathing and kind self-talk every evening, the same tools worked inside the exam hall too.

Try This Today

- Inhale for 4 counts, hold for 4, exhale for 6.
- Use grounding: 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.

CONTENTS

Practical Strategies

- Inhale for 4 counts, hold for 4, exhale for 6.
- Use grounding: 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.
- Repeat: “I am prepared. I can stay calm. I will do my best.”
- Visualize yourself reading carefully and writing steadily.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. Which calm tool feels easiest for you?

2. What words would you like to say to yourself before an exam?

3. When will you practise your breathing today?

My one change this week:

CONTENTS

Quick Check Quiz

1. A useful breathing pattern is: Q1:

A. 4-4-6
B. 10-1-1
C. 1-10-1
D. none

2. Grounding helps you: Q2:

A. leave the room mentally
B. return attention to the present
C. memorize instantly
D. avoid all emotion

3. Positive self-talk should be: Q3:

A. harsh
B. kind and believable
C. loud and angry
D. copied from anyone

4. Visualization works best when it shows you: Q4:

A. panicking
B. staying steady
C. giving up
D. comparing

5. Calm tools are most effective when: Q5:

A. never practised
B. practised regularly
C. used only by adults
D. hidden from others

Circle or note your answers, then check the answer key at the end of the book.

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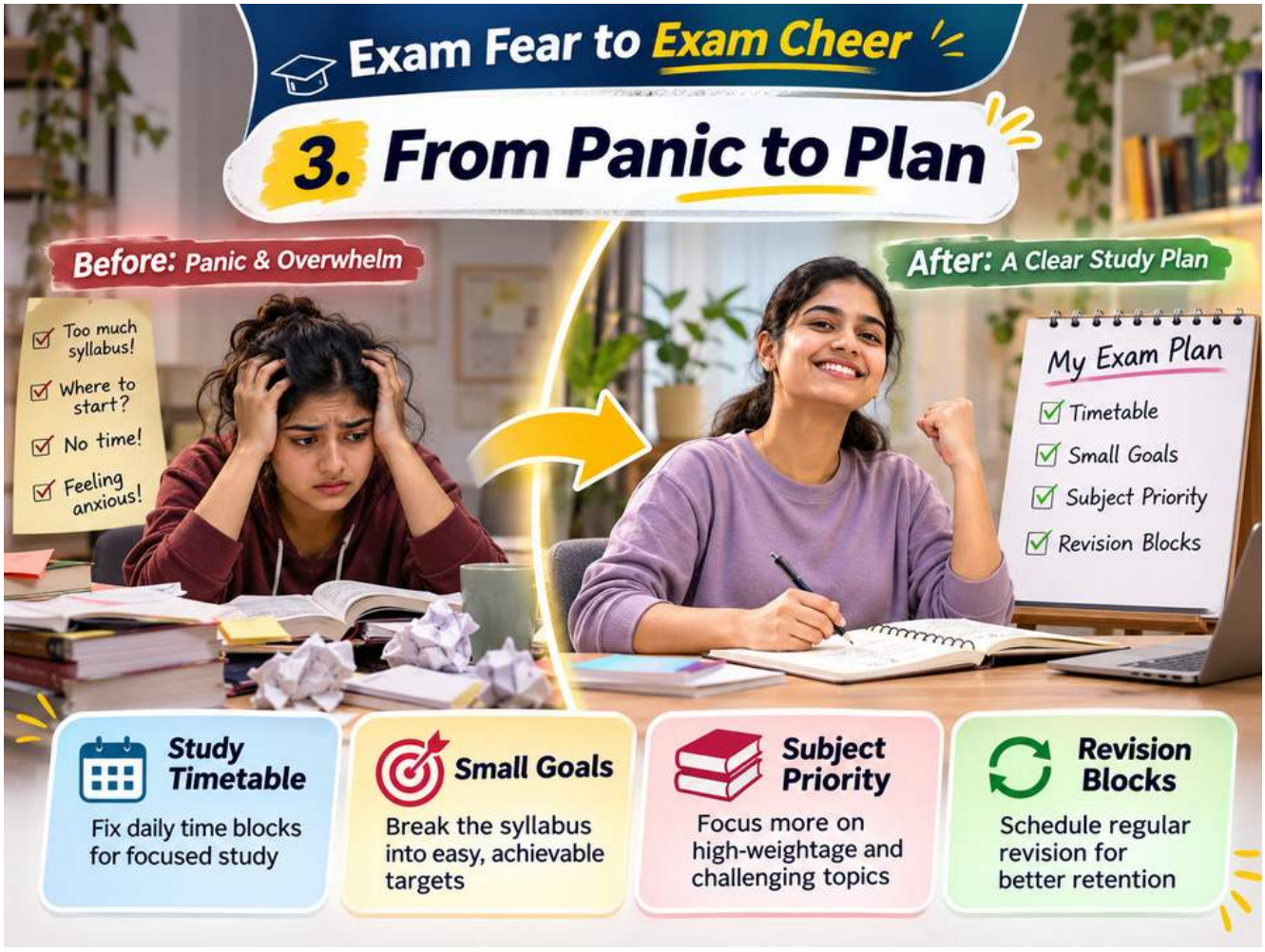
Chapter Recap

- The big idea in Calm the Mind: The body can be guided back toward calm through breath, grounding and self-talk.
- Remember this: Calm is a skill, not a personality type.
- Put it into action: Inhale for 4 counts, hold for 4, exhale for 6.
- Keep going: Use grounding: 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 6: Healthy Habits for Exam Success

Good sleep, hydration, food, movement and digital balance protect your brain for learning.

You do not need a perfect routine—steady basics matter most.

Healthy habits make revision more effective and stress more manageable.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Good sleep, hydration, food, movement and digital balance protect your brain for learning.
Why it matters	You do not need a perfect routine—steady basics matter most.
Main message	Healthy habits make revision more effective and stress more manageable.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

Karan studied late with snacks and short videos playing in the background. Once he slept earlier, drank water regularly and studied away from his phone, his energy and recall improved.

Try This Today

- Sleep at a regular time as often as possible.
- Keep water nearby while studying.

CONTENTS

Practical Strategies

- Sleep at a regular time as often as possible.
- Keep water nearby while studying.
- Eat simple balanced meals instead of skipping or overeating.
- Move your body daily: stretching, walking or light exercise.
- Limit distracting screen time, especially at bedtime.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. Which habit needs the most attention this week?

2. What time do you want to sleep tonight?

3. What one digital rule will you follow?

My one change this week:

CONTENTS

Quick Check Quiz

1. Which habit supports memory best? Q1:

A. poor sleep
B. regular sleep
C. constant scrolling
D. skipping meals

2. Hydration helps by: Q2:

A. reducing alertness
B. supporting attention
C. removing all study needs
D. replacing revision

3. Movement is useful because it: Q3:

A. only wastes time
B. reduces stress and boosts focus
C. makes exams disappear
D. replaces healthy food

4. Digital balance means: Q4:

A. no technology ever
B. using technology wisely
C. watching reels while revising
D. checking notifications often

5. Healthy habits are important because they: Q5:

A. support brain performance
B. only matter for athletes
C. remove all feelings
D. stop the syllabus

Circle or note your answers, then check the answer key at the end of the book.

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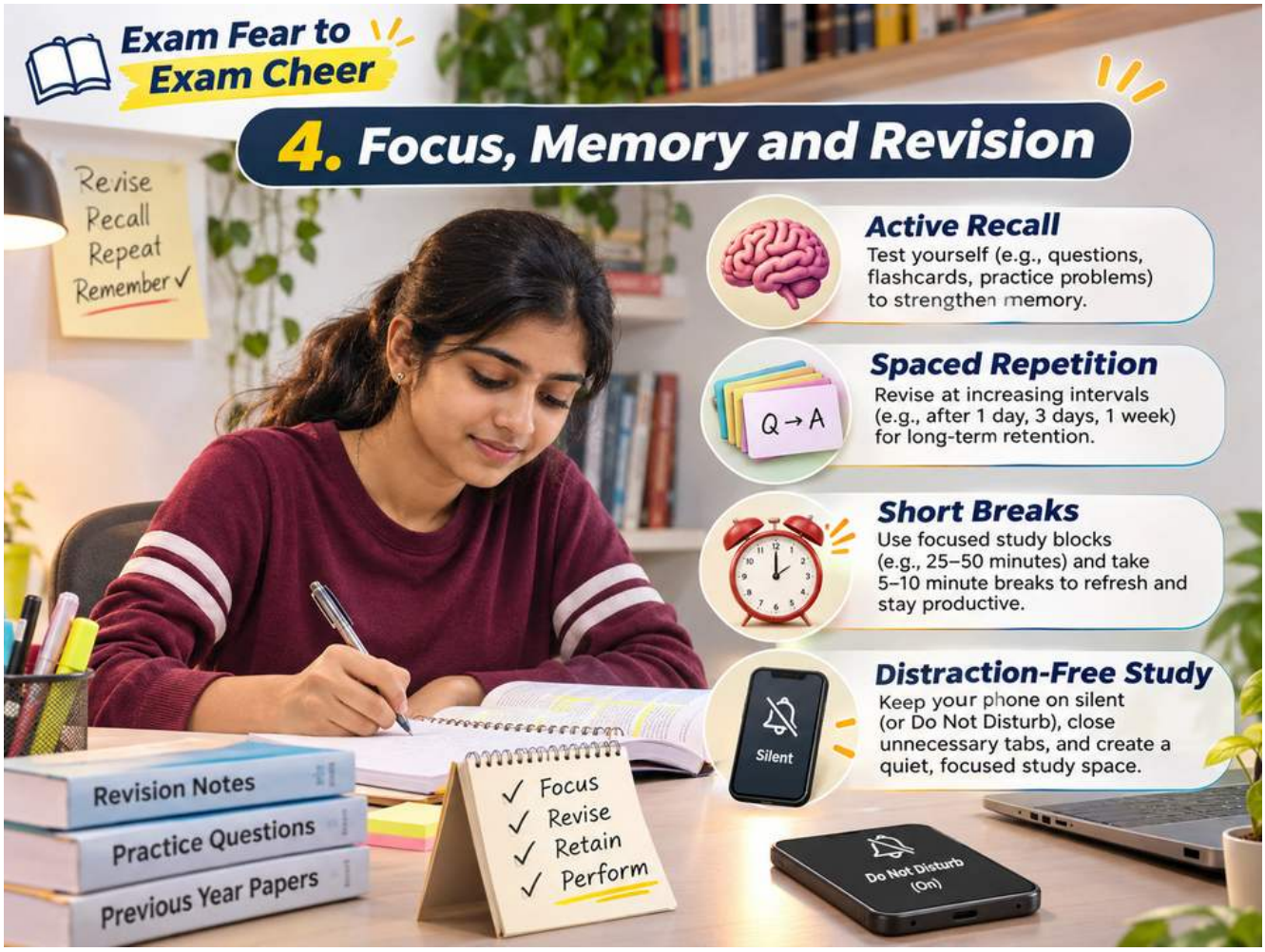
Chapter Recap

- The big idea in Healthy Habits for Exam Success: Good sleep, hydration, food, movement and digital balance protect your brain for learning.
- Remember this: You do not need a perfect routine—steady basics matter most.
- Put it into action: Sleep at a regular time as often as possible.
- Keep going: Keep water nearby while studying.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS



Chapter 7: Exam Day Cheer

Confidence grows from preparation plus a steady exam-day routine.

Reach early, carry essentials, read carefully and start with what you know.

If a question feels hard, pause, breathe, and move to the next manageable step.

Chapter Snapshot

- What this chapter means in simple words.
- A real-life example.
- Practical tools you can try immediately.
- A short self-check worksheet and quiz.

CONTENTS

Key Notes

What it is	Confidence grows from preparation plus a steady exam-day routine.
Why it matters	Reach early, carry essentials, read carefully and start with what you know.
Main message	If a question feels hard, pause, breathe, and move to the next manageable step.
Remember	Small, repeated actions work better than panic, self-criticism or all-night cramming.

Real-Life Example

On exam morning, Isha felt nervous, but she arrived early, checked her stationery, read the paper calmly and started with the questions she knew best. That gave her momentum for the rest.

Try This Today

- Keep an exam kit ready the night before.
- Reach the centre with time to settle.

CONTENTS

Practical Strategies

- Keep an exam kit ready the night before.
- Reach the centre with time to settle.
- Read questions fully and mark key words.
- Start with the familiar questions first.
- Use a deep breath if you get stuck, then continue.

Myth vs Truth

Myth	Truth
“Stress means I will fail.”	Stress is a signal, not a final result.
“If I am not calm all the time, I am weak.”	Confidence grows through practice, not perfection.
“More hours always means better learning.”	Good method and healthy breaks matter a lot.

CONTENTS

Action Planner

Today I will...	
A person who can support me is...	
A distraction I will reduce is...	
The time I will start studying is...	
The topic I will revise next is...	

One-Minute Reset

- Pause and sit comfortably.
- Take one slow breath in and out.
- Say the next small step aloud.
- Begin for just five minutes.

CONTENTS

Reflect and Write

1. What will you keep in your exam-day kit?

2. What will you say to yourself before entering the hall?

3. What is your first calm step if you feel stuck?

My one change this week:

CONTENTS

Quick Check Quiz

1. A good exam-day habit is to: Q1:

A. arrive late
B. reach early
C. skip breakfast automatically
D. compare answers outside

2. Start with: Q2:

A. the scariest question always
B. questions you know best
C. blank pages
D. guesswork

3. If you get stuck, you should: Q3:

A. freeze
B. breathe and move on
C. tear the page
D. quit

4. Your exam kit should be ready: Q4:

A. after the exam
B. the night before
C. during panic
D. never

5. Exam confidence comes from: Q5:

A. luck alone
B. preparation plus routine
C. comparison
D. cramming only

Circle or note your answers, then check the answer key at the end of the book.

CONTENTS

Chapter Recap

- The big idea in Exam Day Cheer: Confidence grows from preparation plus a steady exam-day routine.
- Remember this: Reach early, carry essentials, read carefully and start with what you know.
- Put it into action: Keep an exam kit ready the night before.
- Keep going: Reach the centre with time to settle.

Mini Cheer Card

> “I do not need to be perfect. I need to be prepared, steady and kind to myself.”

CONTENTS

Appendix A: 7-Day Confidence Reset

Day	Focus	DONE
Day 1	Notice one exam worry and write it down.	☐
Day 2	Make a simple timetable for the next three days.	☐
Day 3	Use active recall for one subject.	☐
Day 4	Practise 4-4-6 breathing twice.	☐
Day 5	Sleep on time and keep your phone away at bedtime.	☐
Day 6	Solve a short practice test.	☐
Day 7	Review your week and celebrate one improvement.	☐

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Appendix B: Parent and Teacher Support

- Praise effort, routine and honesty—not only marks.
- Avoid repeated comparison with siblings, cousins or classmates.
- Help the student create a quiet study space and a realistic plan.
- Notice stress signs early: sleep change, headaches, irritability, tears, avoidance.
- Encourage breaks, hydration, meals and a calm bedtime routine.
- Use supportive language: “Let’s take one step at a time.”
- Seek professional support if the student shows persistent distress or hopelessness.

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Appendix C: Exam-Day Kit

Essentials	Admit card, pens, pencils, eraser, sharpener, geometry box, transparent water bottle if allowed.
Night before	Pack the bag, keep uniform/clothes ready, check route and time.
Morning	Eat a simple meal, leave early, avoid panic discussions.
Inside the hall	Read carefully, mark easy questions, manage time, breathe if stuck.
After the exam	Do not over-analyse every answer. Rest, reset and prepare for the next paper.

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Quick Answer Key

Chapter	Answers
Chapter 1	BBCAB
Chapter 2	ABCBB
Chapter 3	BBBBB
Chapter 4	BABAB
Chapter 5	ABBBB
Chapter 6	BBBBA
Chapter 7	BBBBB

Exam Cheer Pledge

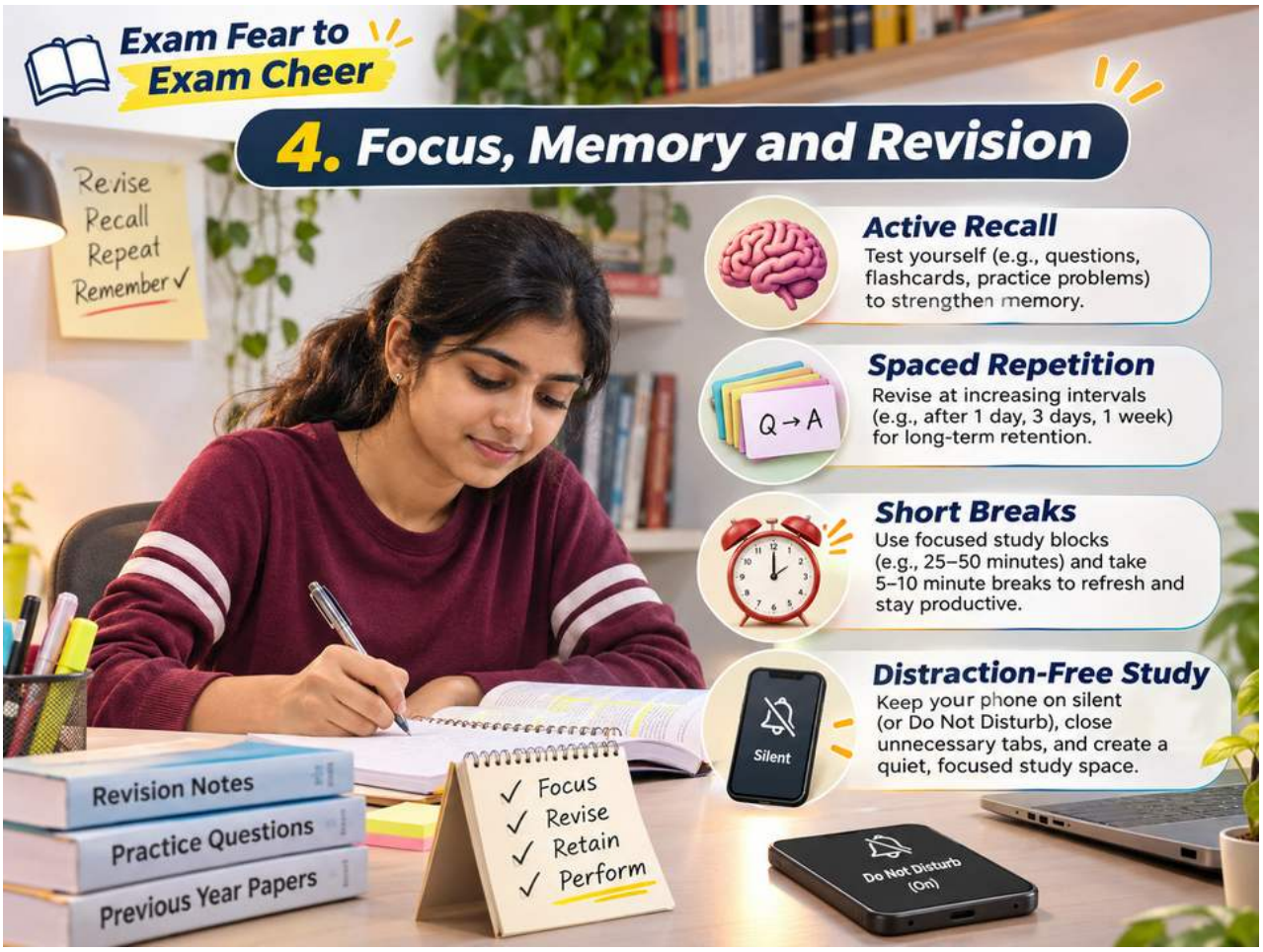
I will prepare honestly, study in small steady steps, care for my sleep and health, speak kindly to myself, and enter my exams with courage. I do not need to be fearless. I need to keep going.

Record A, B, C or D in the quiz answer boxes on each chapter quiz page.

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Exam fear can feel lonely, but it does not have to lead the whole journey. With a clear plan, kind self-talk, healthy routines and steady practice, fear can slowly turn into cheer.



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