

AFTER INTERMEDIATE WHAT (COURSES)

(c) General Courses (i) Degree level

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After Intermediate, students not inclined to go for Professional studies in engineering or medical line, go on to pursue the three year Degree Course in general subjects like BA, B.Com or B.Sc.

There are reasons for the parents and students to desire to become a Graduate:
By the time they complete the graduation, they are 21 years of age.

This means they become mature enough and become used to rational thought process.

Girls become of marriageable age and no parent would like to risk the consequences of an immature undergraduate daughter entering the life of a man and quarreling and breaking up and reverting back to the parental house.

The degree is in their hand. Their eligibility level for well-paid jobs is enhanced. Their eligibility level to go in pursuit of Post-graduation studies goes up.

If not interested in higher studies, the graduate youth can prepare for a group of jobs or those jobs which are advertised immediately after Their graduation. The moot point is that the earlier the job opportunity knocks, the fresher is the knowledge of subjects in mind and the greater are the chances of selection and appointment.

The job-hunting process is of different kind and requires lot of concentration and world-wide knowledge. Each application has to be filled carefully, on-line. Each payment has to be done on-line. All document copies need to be kept ready and transmitted to the employer as desired. Self-

addressed envelopes, if required have to be kept ready and sent. On-line hall tickets for the Competitive Exams need to be downloaded. Lot of time has to be spent on reading two or three newspapers every day not only for current affairs and news and updating of knowledge, but also for locating the new job opportunities.

Lastly, if not engaged timely in Graduation studies , students are likely to go astray and lead to further problems in the family.

Since, the Intermediate youth is only of 15 years of age and Graduation College has to be selected, care should be taken not to make any mistake about it. For example, the college should be of good standard and within the means of the parents. or scholarship for the poor. It should not be too far away. It should not tax or tire the body. It should be cosmopolitan, where, students of different communities come for study and where Teachers from different communities teach. Since, the Graduation is of three long years, concentration should be on building strong, meaningful and healthy friendly, relationships. The opportunity should be utilized to understand the religious beliefs of one another and preparing oneself as a global citizen.

LIST OF COMBINATIONS IN BA COURSE.:-

1. Economics Pol.Science Public Admn.
2. Economics Pol.Science Modern Lang.
3. Economics Sociology Modern Language
4. Economics Sociology Public Admn.
5. Economics Sociology Mathematics
6. Economics Pol. Science Geography
7. Economics Commerce Public Admn.
8. Economics Commerce Geography
9. Economics Sociology Geography
10. Economics Statistics Geography

11. Economics Statistics Mathematics
12. Economics Pol.Science History
13. Economics Pol.Science Psychology
14. Economics Sociology Mathematics
15. History Classic Language Modern Language
16. History Classic Language AIHCI
17. History Classic Language Islamic Studies
18. History Classic Language Public Admn.
19. History Sociology Public Admn.
20. History Pol.Science Public Admn.
21. History Classic Language Geography
22. History Pol.Science AIHCA
23. History Pol.Science Islamic Studies
24. History Economics Pol.Science
25. Philosophy Pol.Science Modern Language
26. Philosophy Sociology Modern Language
27. Philosophy Classic Language Modern Language
28. Philosophy Classic Language AIHCA
29. Philosophy Classic Language Islamic Studies
30. Philosophy Pol.Science Psychology
31. Philosophy Sociology Psychology
32. Philosophy Pol.Science Public Admn.
33. Philosophy Psychology Modern Language
34. Linguistics Classic Language Modern Language
35. Linguistics Sociology Modern Language
36. Linguistics Stat. Modern Language
37. Linguistics Stat. Psychology
38. Linguistics Classic Language Psychology
39. Linguistics Sociology Psychology
40. Sociology Classic Language Modern Language
41. Sociology Public Admn. Geography

42. Mathematics Appl.Mathematics Stat.
43. History Economics Pol.Science
44. Psychology Geography Modern Language
45. Geography Sociology History
46. Geography Sociology Pol. Science
47. Geography History Pol. Science
48. Economics Pol. Science Pub.Admn.
49. History Pol. Science Modern Language
50. Sociology Classic Language Modern Language
51. Modern Language Psychology Pol.Science
52. Modern Language Pol.Science Public Admn.
53. Economics Rural Industrialization Commerce
54. History Geography Mass communication
55. Economics Rural Banking Commerce
56. Economics Public Admn. Rural Industrialisation
57. Econ.I Econ.II Comp.Applns.
58. Econ.I Public Admn. Comp.Applns.
59. Econ.I Sociology Comp.Applns.
60. Psychology Sociology Markt.Common. & Media Studies
61. Psychology Modern Language Market Common. & Media Studies
62. Psychology Public Admn. Market Common. & Media Studies
63. Classic Language Modern Language Market Common. & Media Studies.
64. History Sociology Market Common. & Media Studies

Modern Language. Classical Language:-

- 1.English 1.Arabic
- 2.Hindi 2.Sanskrit
- 3.Telugu 3.Persian.
- 4.Marathi
- 5.Urdu
65. (BA) Business Economics
66. (BA) Development Studies
67. (BA) International Studies & Foreign Languages
68. (BA) Marketing Commun. & Media Studies.
69. BA (Fine Arts)
70. BMR
71. BSW
72. BA (Languages) (Oriental courses)

ANNEXURE – II

LIST OF COMBINATIONS IN B.Sc COURSE:-

- 1 Mathematics Physics Chemistry
- 2 Mathematics Physics Geology
- 3 Mathematics Physics Statistics
- 4 Mathematics Physics Geography
- 5 Botany Zoology Chemistry
- 6 Botany Zoology Geology
- 7 Botany Geology Chemistry
- 8 Botany Geology Geography
- 9 Geography Zoology Geology
- 10 Geography Geology Mathematics
- 11 Geography Geology Chemistry

- 12 Chemistry Geology Zoology
- 13 Chemistry Geology Physics
- 14 Chemistry Geology Genetics
- 15 Chemistry Botany Genetics
- 16 Mathematics Geography Stat.
- 17 Micro-Biology Zoology Chemistry
- 18 Mic-Biology Botany Chemistry
- 19 Micro-Biology Genetics Chemistry
- 20 Mathematics Physics Electronics
- 21 Fisheries Zoology Chemistry
- 22 Botany Chemistry Forestry
- 23 Botany Chemistry Appl.Nutrition
- 24 Zoology Chemistry Appl.Nutrition
- 25 Mathematics Physics Industrial Chemistry

3. FACULTY OF COMMERCE:

UNDER-GRADUATE COURSES:

B.Com (General)

[3 – YEARS]

B.Com (Comp)

[3 – YEARS]

B.Com(Vocational)**

[3 – YEARS]

B.Com (Hons)

[3 – YEARS]

A pass in the two year Intermediate Examination of A.P. or +2 Examinations recognized as equivalent thereto.

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By the colleges based on merit subject to all other rules, regulations and reservations prescribed therefor.

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Through an Entrance Test conducted by the College.

** 1. Advertising, Sales Promotion & Sales Management

2. Foreign Trade

e Practices and Procedure

3. Computer Applications

4. Tax Procedures & Practice

Following is the list of degree Colleges in Hyderabad:

LIST OF AFFILIATED COLLEGES UNDER OSMANIA UNIVERSITY OFFERING UG COURSES:

Name of the College:-

1. Aurora Degree College, Chikkadapally, Hyd

2. Azad Degree College, Ashok Nagar, Hyd

3. A.V. Degree College, Gaganmahal, Hyd

4. A.K. Navajeevan Degree Coll. for Women, Ramkoti, Hyd

5. ACME Degree College, Malakpet, Hyd

6. Alpha Degree College, Uppal, R.R. Dist. (under change of name as Kranthi Degree College, Opp: Ramanthapur lake, R.R. Dist.)

- 7.Andhra Yuvathi Mandali Degree College for Women – (Changed as Smt. Shamala Devi D Coll. for Women)
8. AMS Degree College for Women, OU Campus (Autonomous)
- 9.Avanthi Degree College, Barakatpura, Hyd
- 10.Annie Besant Womens Degree College, DSNR, Hyd
- 11.Arunodaya Degree College, DSNR, Hyd
- 12.Anwarul-Uloom, New Mallepally, Hyd. (Autonomous)
- 13.Ali Yavar Jung National Institute for the Hearing Handicapped, Manovikas Nagar, Sec'bad
- 14.Badruka Degree College (Day), Kachiguda, Hyd
- 15.Badruka Degree College (AN), Kachiguda, Hyd
- 16.BBCIT, Kachiguda, Hyd
- 17.Bapuji Degree College, Bapughat, Langarhouse, Hyd
- 18.Bhavans New Science Degree College (Day), Narayanaguda, Hyd
- 19.Bhavans New Science Degree College (AN), Narayanaguda, Hyd
- 20.BJR Govt. Degree College, Bazarghat, Nampally, Hyd
- 21.Bharat Degree College for Women, Nallakunta, Hyd
- 22.Bhavans Viveknanda Degree College, Sainikpuri, Hyd
- 23.Blooms Coll. of Comp. & Elec. , Langarhouse, Hyd.
- 24.CAT Degree & PG College, Nampally Station Road, Hyd
- 25.Dharmavanth Degree College, Yakutpura, Hyd
- 26.Dr. B. R. Ambedkar Degree College, Baghlingampally, Hyd
- 27.Deccan School of Management, Darusalam, Nampally, Hyd
- 28.Dewan Bahadur Padma Rao Modiliar Degree College for Women, Keys High School Compound, Sec'bad.
- 29.D.V.M Degree College of Commerce & Science, LB Nagar, Hyd
- 30.Don Bosco Degree College, Borabanda, Sec'bad
- 31.David Memorial Degree College, Tarnaka, Sec'bad
- 32.Fergusson Degree College, Narayanguda, Hyd.
- 33.Govt. Degree College for Women, Hussainialam, Hyd
- 34.Govt. City College, Nayapool, Hyd

- 35.Govt. Degree College for Women, Begumpet, Hyd
- 36.G.M. Sanghi Degree College, Tarnaka, Hyderabad
- 37.Gouthami Degree College, SR Nagar, Hyderabad
- 38.Gouthami Degree College, Chintal (Shifting from Bolarum)
- 39.G. Pulla Reddy Degree College, M'patnam, Hyd
- 40.Geetanjali Degree College for Women, Punjagutta, Hyd
- 41.Gokul Degree College, Chella estate, Earragadda, Hyd.
- 42.Hindi Mahavidyalaya Degree College, Vidyanagar, Hyd
- 43.Sree Venkateshwara Degree College, Narayanguda, Hyd.
- 44.Haindavi Degree College, Kachiguda, Hyd.
- 45.HRD Degree College, Narayanguda, Hyd.
- 46.Hindu Degree College for Women, Sanathnagar, Hyd
- 47.Hyderabad Presidency Degree Coll, Basheerabagh, Hyd
- 48.HITS Degree College, Balkampet, Hyd
- 49.Hellen Keller's Instiute of Mentally Desiabled, RK Puram, Sec'bad
- 50.IIMC Degree College, Khairtabad, Hyd.
- 51.Indira Priyadarshini Govt. Degree College for Woimen, Nampally, Hyderabad
- 52.Islamia Degree College, Yakathpura, Hyderabad
- 53.Indira Gandhi Degree College for Women, West Marredpally, Sec'bad
- 54.Ideal Degree College for women, DSNR, Hyd
- 55.Jagruthi Degree College, Narayanguda, Hyd
- 56.Jahanavi Degree College, Narayanguda, Hyd
- 57.Jahanavi Degree College, Secunderabad.
- 58.Jahanavi Degree College for Women, Chikkadpally, Hyd
- 59.Jagruthi Degree College, Malkajgiri, Hyd
- 60.Keshav Memorial Degree College, Narayanguda, Hyd
- 61.Kasturba Gandhi Degree College for Women, Secunderabad
- 62.KEN Degree College, Tirumalgerry, Sec'bad
- 63.K.V. Ranga Reddy Degree College for Women, Saidabad, Hyd.
- 64.KRR Vignan Degree college for Women,
- 65.New Vasundara Degree College, Kushaiguda, Hyd. (old KTTC)

- 66.L.N. Gupta Degree college, Pattagatti, Hyderabad
- 67.Loyala Academy, Alwal, Secbad (Autonomous)
- 68.Lal Bahadur Degree College, Mehapatnam, Hyd
- 69.Lalitha Degree College, Nampally, Hyd
- 70.Little Flower Degree college, Tirumalgerry, Sec'bad
- 71.Matrusree College of Graduate Studies, Saidabad, Hyd
- 72.Mumtaz Degree College, Malakpet, Hyd
- 73.MNR Degree College, Kukatpally, Hyd
- 74.Musheerabad Degree College for Women, Musheerabad, Hyderabad
- 75.Methodist Degree College, Abids, Hyd.
- 76.Madhina Degree College, Himayathnagar, Hyd.
- 77.Mahaboob Degree College, Secunderabad
- 78.Maitreyi Womens degree College, Masabtank, Hyd
- 79.Manies Degree Coll, Sec'bad (Changed as Visinor Degree Coll. Charminar, Hyderabad.
- 80.Mega Womens Degree College, Ramanthapur, Hyd
- 81.Mecons Degree College, Kukatpally, Hyd (Changed as Royal Degree College, Chital, Hyderabad).
- 82.Mesco Degree College, Karvan, Hyd
- 83.Maitery Degree College, Earragadda, Hyd
- 84.Meghana Degree College, Moosarambagh, Hyd.
- 85.N.B. Science Degree college, Charakaman, Hyd
- 86.New Siddhartha Degree College for Women, DSNR, Hyd
- 87.National Degree College, Secunderabad (Under change of name as New Generation's Degree College) Old Lancer Lane, Sec'bad
- 88.R.K.Degree College, Musheerabad, Golkonda X Roads, Hyd (Old Netaji DC)
- 89.New Science Degree College, Ameerpet, Hy
- 90.New Govt. Degree College, Khairtabad, Hyd
- 91.Nruputunga Degree College, Lingampally, Hyd
92. Noble Degree College, DSNR, Hyd.
- 93.New Noble Degree College, DSNR, Hyd

94. New Scholars Degree College, Chandanagar, Hyd
95. NRM Degree Coll, Moulali, Hyd (under change name as Vasundara Co-Ed. College)
96. Nova Degree College, Ameerpet, Hyd
97. Niraj Inst. of professional studies, Begumpet, Hyd.
98. Nava Chaitanya Degree College, Narayanguda, Hyd
99. New Horizon Degree College, (New society) (old SVS DC)
100. New Silver Jubilee Degree College, Kushaiguda, Hyd.
101. Omega Degree College, Habsiguda, Hyd.
102. Omega Degree College, Kushaiguda, Hyd.
103. Pioneer Degree College, Abids, Hyd.
104. Pragathi Degree College for Women, kukatpally, Hyderabad
105. Pragathi Degree college (Co-Ed., kukatpally, Hyderabad
106. Pragathi Degree College for Women, DSNR, Hyd
107. Pragathi Mahavidyalaya Degree College, H'takdi, Hyd
108. Princenton Degree College, Ramanthapur, Hyd
109. Princess Shehkar Degree College for Women, Puranihaveli, Hyderabad
110. Priyadarshini Degree College Amneerpet, Hyd
111. Pratibha Degree College, Kukatpally, Hyd
112. Priyanka Degree College for Women, Mehdipatnam, Hyd
113. Padala Ram Reddy Degree College, Yellareddyguda, Hyd
114. Presidency College of Arts, Sc. Kukatpally, Hyd.
115. RRD Degree College, Vidyanagar, Hyd
116. Radhe Krishna Degree college, Charkaman, Hyd
117. Railway Degree College, Lalaguda, Hyd
118. RGR Siddhanthi degree College, Sec'bad
119. Rishi Degree College, Himayathnagar, Hyd
120. R.G. Kedia Degree College, Chaderghat, Hy
121. Road Mystry Degree College, Gachibowli, Hyd
122. RBVRR Degree college, Narayanguda, Hyd (Autonomous)
123. Rishi UBR Degree College for Women, Kukatpally, Hyd.

- 124.S.D. Signodia Degree College, Charkaman, Hyd
- 125.S.N. Vanitha Degree College, Exhibition grounds, Hyd
- 126.Sai Sudhir Degree College, Moulali, Hyd
- 127.Samatha Degree College, Narayanguda, Hyd
- 128.Samhitha Degree College, Asmanghad, Hyd
- 129.Scholars Womens Degree College, DSNR, Hyd
- 130.Shadan Degree College for Men, Khairtabad, Hyd
- 131.Shadan Degree College for Women, Khairtabad, Hyd
- 132.Shantinikethan Degree College for Women, Earragadda, Hyd
- 133.Saradha Degree College for Women, Shamsheergunj, Hyd
- 134.Shivani Womens Degree College, Kothapet, Hyd
- 135.Sree Hanuman Vayam Shala Degree College for Women, Romkote, Hyd
- 136.Siddhartha degree College, DSNR, Hyd
- 137.Siddhartaha Degree College for Women, DSNR, Hyd
- 138.S.N. Degree College, Chikkadpally, Hyd
- 139.SP Degree College, Padmarao Nagar, Hyd
- 140.Sri Padmavathi Mahila Kalasala, Saidabad, Hyd
- 141.Spoorthy Degree & P.G. College, DSRN, Hyd (Co.ed.)
- 142.Spoorthy Degree College for Women, DSRN, Hyd
- 143.Sri Aurbindo Degree College, Kothapet, Hyd
- 144.Sri Nagarjuna Degree College, SR Nagar, Hyd
- 145.Sri Gujarathi Vidya Mandir, Koti, Hyderabad
- 146.Sri Nalanda Degree College, NTR Nagar, Hyderabad
- 147.Sri Pannalal Pitti Degree College for W, Begumbazar, Hyd
- 148.Sri Ramchandra Degree College, Tilak Nagar Main Road, Hyderabad
- 149.Sri Sai Degree Collge, DSRN, Hyd
- 150.Sri Sai Vignan Bharathi Degree College, Padmaraonagar, Sec'bad
- 151.Sri Sainath Degree College, Balanagar, Hy
- 152.Sri Shardha degree college for Women, Yellareddyguda, Hyd
- 153.Sri Vani Degree College, Malakpet, Hyd
- 154.St. Anns Degree College for Women, Mehdipatnam, Hyd

- 155.St. Anns Degree College for Women, Malkajgiri, Hyd
- 156.St. Anns Degree College for Women, Mallapur, Hyd
- 157.St. Francis Xavier Degree College, Barkatpura, Hyd
- 158.St. George Degree College for Women, Koti, Hyd
- 159.St. Mary Degree College, Yousufguda, Hyd
- 160.St. Patricks Degree College, Shankarmutt, Hyd
- 161.St. Pauls Degree College, Ashok Nagar, Hyd
- 162.St. Pious Degree College for Women, Nacharam, Hyd
- 163.St. Francis Degree College for women, Begumpet, Hyd (Autonomous)
- 164.St. Joseph's Degree College, Koti, Hyd
- 165.Stannly Degree College, Gunfoundary, Hyd
- 166.Sujataha Degree College for Women, Hyd
- 167.S V G Degree College, Hyderguda, Hyderabad
- 168.Swathi Degree College, DSNR, Hyd
- 169.Stella Marie Degree College, Madhapur, Hyderabad
- 170.Silver Jubilee Degree College, Habsiguda, Hyd
- 171.Shanti Degree College, Kukatpally, Hyd
- 172.St. Marys Centenary Degree College, Secunderabad
- 173.Sindu Degree College, Mehdipatnam, Hyd.
- 174.Sir Newtons Degree College, Malakpet, Hyd.
- 175.Sreenidhi Degree College, Dilsuknagar, Hyderabad
- 176.Sri Sai Degree College for Women, DSNR, Hyd
- 177.St. Daniels Degree College, Kukatpally, Hyd
- 178.Sharavanthi P.G. College, Chandanagar, BHEL, Hyd
- 179.The Mothers Degree College, Vidyanagar, Hyd
- 180.TMSS Degree College for Women, Karmanghat, Hyd.
- 181.Ushodaya Mahila Degree College, Vanasthalipura, Hyderabad
- 182.Urdu Arts College (Eve), Himayatnagar, Hyd
- 183.Vandana Degree College, Venkatapuram, Sec'bad
- 184.Vijayanagar College of Commerce, Mallepally, Hyd.
- 185.Vidya Dayani Degree College for Women, Santoshnagar, Hyd

- 186.Vijetha Degree College, Kukatpally, Hyderabad
- 187.Vikas Degree College, DSNR, Hyd
- 188.Villa Marie Degree College for Women, Somajiguda, Hyd
- 189.Viswa Bharathi degree College, Hydernagar, Nizampet, Hyd
- 190.Vivekananda Degree College, Sithaphalmandi, Secunderabad
- 191.Vijaya College of Computers, Hayathnagar, Hyderabad
- 192.Vidyapeeth Degree College, Narayanguda, Hyd.
- 193.Vasundara Women's Degree College, ECIL, Hyd
- 194.Viveknanda Govt. Degree College, Vidyanagar, Hyderabad
- 195.Vivekananda School of P.G. Studies, Panjagutta, Hyd
- 196.V.V. College (Day) Jambagh, Hyd
- 197.V.V. College (AN) Jambagh, Hyd
- 198.Vani Degree College for Women, Mehdipatnam, Hyd.
- 199.Vijaya Karan's Degree College, L.B. Nagar, Hyd
- 200.Vivekananda Degree College, Kukatpally, Hyd
- 201.Wesely Degree College (Co-Edn), Sec'bad
- 202.Wesely Degree College for Girs, Secunderabad
- 203.Institute of Library Science, Kachiguda, Hyderabad
- 204.Rachana College of Journalism, Naryanguda, Hyderabad
- 205.National Institute for the Mentally Handicapped, Manovikas Nagar,
Secunderabad
- 206.Sweekar Rehabilitation Institute for Handicapped, Picket, Secunderabad
- 207.Narayan Ramcharan Patwari P.G. College of Commerce (M.Com)
(branch of R.G. Kedia College of Commerce

Similarly, the youth can search for degree Colleges in particular districts of their state, provided they are willing to stay in the town concerned ,either independently or in the attached hostel.

Let us now see some tips on Managing Exam Stress:

What is exam anxiety?

Exam anxiety is:

- excessive worry about upcoming exams
- fear of being evaluated
- apprehension about the consequences
- experienced by many normal students
- not mysterious or difficult to understand
- manageable by following a plan of helpful suggestions

There are **four main areas** which can contribute to your exam anxiety:

- lifestyle issues
- information needs
- studying styles
- psychological factors

Lifestyle issues that can contribute to exam anxiety are:

- inadequate rest
- poor nutrition
- too many stimulants
- insufficient exercise
- not scheduling available time
- not prioritizing commitments

Information needs that can contribute to exam anxiety are:

- exam-taking strategies
- academic information such as course requirements, lecturers' expectations, exam dates and testing location

- knowledge of how to apply anxiety reduction techniques while studying before an exam

Studying styles that are:

- Inefficient: inconsistent content coverage; trying to memorize the textbook; binge studying; all-night studying before exams
- Ineffective: reading without understanding; cannot recall the material; not making revision notes; not revising

Psychological factors including:

- feeling little or no control over the exam situation (rather than knowing and applying exam strategies)
- negative thinking and self-criticism (rather than being one's own best friend)
- irrational thinking about exams and outcomes:
 - Irrational beliefs "If I don't pass, my (family/partner/boss) will lose respect for me/I'll lose my job!"
 - Irrational demands "I have to get at least a Merit or I am worthless."
 - catastrophic predictions "I'll fail no matter what I do—there's no point."

General exam stress-busting tips

Believe in yourself. If you prepare for the exams properly you should do fine, meaning that there is no need to worry excessively.

Don't try to be perfect. It's great to succeed and reach for the stars, but keep things in balance. If you think that "anything less than a Distinction means I've failed" then you are creating mountains of unnecessary stress for yourself. Aim to do your best but recognize that none of us can be perfect all of the time.

Take steps to overcome problems. If you find you don't understand some of your course material, getting stressed out won't help. Instead, take action to address the problem directly by seeing or talking to your course tutor or getting help from your classmates.

Don't keep things bottled up. Confiding in someone you trust and who will be supportive is a great way to alleviate stress and worry.

Keep things in perspective. The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Interrupt negative thoughts with positive ones. Examples: "I can do this", "I will do my best", "I can pass this test", "I will focus only on the question in front of me." "I have done it before, so I can do it again." Actively challenge your irrational thoughts. Life will be worth living regardless of this exam. Respect yourself for taking this course and getting this far, regardless of the outcome.

Plan your study time. Too much material + Too little time = Anxiety. Plan your studying with regularly scheduled study sessions about 50 minutes long separated by 5 – 10 minute breaks.

Try to maintain a healthy lifestyle. Anxiety increases when one feels tired, run down and overwhelmed. Overall resilience depends on one's physical and mental health, which can be strengthened by:

- enough movement and exercise (vs. couch potato lifestyle)
- balanced life (vs. over-stress)
- positive thoughts/beliefs (vs. self-defeating thoughts/cynicism)
- health focus (vs. self-neglect)
- replenishing nutrition (vs. junk food)
- regular and adequate sleep (vs. late night lifestyle)

Get accurate information. Check your course syllabus and get an understanding of the grading procedure. If you don't understand, ASK. Well

before the exam, make sure you know where it will be held, the start time, how long it will last, whether extra time will be allowed. Ask your lecturer whether it is an open-book exam or not, when the marks will be available, what materials can or should be brought into the exam room.

Get yourself into exam mode. Practice on sample tests in the textbook or study guide. Look at past exams. Ask for suggestions from your lecturer what to expect on the exam, what course materials should be emphasised, how to priorities study time for the course.

Plan. Rest well the night before the exam. Plan to arrive at the test location early. If you can pick your seat, choose one away from the doors, windows or other distractions. Plan to monitor the time during the exam so wear a watch or sit where you can see the clock. Plan to wear layers of clothing so you can adjust your need for more warmth or coolness. Check out the examination room ahead of time if you can.

Avoid bad things. Give coffee and other stimulants a miss the night before the exam or on the day of the exam. Avoid anxious or talkative students. Avoid other people or things that may disturb your self-confidence, focus and level of relaxation. Definitely avoid arriving late.

Tips for the revision period

Leave plenty of time to revise so that you don't have to do last minute cramming. Giving yourself adequate time will help to boost your confidence and reduce any pre-exam stress as you know you have prepared well.

Develop a timetable so that you can track and monitor your progress. Make sure you allow time for fun and relaxation so that you avoid burning out, but avoid drugs and alcohol.

As soon as you notice your mind is losing concentration, **take a short break**. Make yourself a sandwich. You will then come back to your revision refreshed. Be careful that you don't reward yourself during your break with five minutes of TV or checking the email. A few minutes can easily turn into an hour before you know it.

Experiment with several **alternative revision techniques** so that revision is more fun and your motivation to study is high. Try mind-mapping, use multi-coloured index cards, get yourself an assortment of highlighter pens.

Don't drink too much coffee, tea or fizzy drinks; the caffeine will 'hype' you and make your thinking less clear. Eat healthily and regularly; your brain will benefit from the nutrients. Don't give in to a Saturday evening of binge drinking, either!

Regular moderate exercise will boost your energy, clear your mind and reduce feelings of stress. Try out some yoga, pilates, tai chi or relaxation techniques. They will help to keep you feeling calm and balanced, improve your concentration levels and help you to sleep better.

Tips for the exam itself

Avoid panic. It's natural to feel some exam nerves prior to starting the exam, but getting excessively nervous is counterproductive as you will not be able to think as clearly.

The quickest and most effective way to eliminate feelings of stress and panic is to close your eyes and take several long, slow **deep breaths**. Breathing in this way calms your whole nervous system. Simultaneously you could give yourself some mental pep-talk by mentally repeating "I am calm and relaxed" or "I know I will do fine".

If your mind goes blank, don't panic! It will just make it harder to recall information. Instead, focus on slow, deep breathing for about one minute. If you still can't remember the information then move on to another question and return to this question later.

Take a small bottle of water into the exam with you and some sweets (if allowed—find out ahead of time). Have a drink of water. If you are really stuck, you might consider getting up and taking a short walk outside the room to compose yourself or going to the toilet. Ask the invigilator for assistance. When you are able, get back to work - remember that it is better to put *something* down rather than nothing.

Remember that **the invigilator is there to assist you** (for instance, if you have a problem with distracting noises inside or outside of the examination room, if the sun is shining on your exam paper, if you need a drink of water, etc).

Survey what's in front of you

- Read the instructions carefully
- Quickly survey every page of the test
- See what will be expected of you
- Re-read the instructions a second time (are you really being asked to answer either one or three of the questions?)

Priorities what needs to be done

- When surveying the test, place a mark beside all questions you know you can answer
- Divide up your time according to the importance of the questions
- Answer the easiest questions first to guarantee marks in the least amount of time

Pace yourself

- Do not rush through the test
- Regularly check time left for the rest of the questions
- Give yourself time to proofread; you should not still be writing at the invigilator's "5 minutes remaining" announcement

After the exam

The day before the exam, you might want to decide what you are going to do immediately after the exam ends. Standing around and joining in with others' delight or dismay is almost always discouraging. If you have something already planned you can simply leave others to do the post-mortem, while you go and do something more enjoyable. Whatever you do, **don't spend endless time criticizing yourself** for where you think you went wrong. Often our own self assessment is far too harsh. Congratulate yourself for the things you did right, learn from the bits where you know you could have done better, and then move on.

Plan to reward yourself for your hard work. After the exam, do something you enjoy that makes you feel special: take a relaxing walk, have coffee with a friend, buy yourself a present, exercise, have dinner at a favourite restaurant, take a luxurious bath with candles, soft music and a good book (not a textbook). If you are going to meet up with someone, you could agree with them that you will only talk about the exam for 5 minutes - or even not at all. It's important that you let the stress of the exam go if you have more exams to sit over the next few days or weeks.

A few anxiety reduction techniques

Take a deep breath...

- Hold it for three seconds
- Exhale audibly all at once and let your head, jaw and shoulders drop
- Breathe easy 'into' your neck, jaw and shoulders and breathe again into the relaxed state
- Repeat cycle once or twice
- If you try this in an exam, you will likely want to exhale more quietly so that you don't disturb the other students

Total tension release (can be done lying down or sitting)

- Tense your whole body one part at a time
- Lift your toes and tense both calves
- Tense your thighs and buttocks
- Tighten your abdomen
- Tense your chest and back
- Tighten your arms and clench your fists
- Tense your neck and clench your jaw
- Tightly close your eyes
- Take a deep breath and hold it for five seconds
- Let your breath and the tension in your body go all at once
- Feel the tension leave your body

Relaxation sanctuary (useful in the exam)

- Focus on the inner screen of your mind's eye
- Imagine your ideal, safe, relaxing place
- Close your eyes
- In your mind, send yourself there for 15 to 30 seconds
- Breathe easily and enjoy the relaxation

- Go there whenever you need a quick relaxing break (make sure you don't fall asleep if you are in the middle of your exam, though!)

Smile!

- Really feel that smile spread throughout your body
- Take a deep breath and exhale through your mouth.

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