

# Exam Day Success: Ultimate Checklist

## 1. Materials to Carry to the Exam Centre

- Admit Card/Hall Ticket: Keep a printed copy and a backup digital copy.
- Valid ID Proof: School ID, Aadhar card, or any required identification.
- Pens and Pencils: Take extra pens, sharpened pencils, and an eraser.
- Calculator (if allowed): Check if your exam permits calculators and carry an approved one.
- Watch (Non-Smart): A simple wristwatch to manage time efficiently.
- Water Bottle: Stay hydrated (preferably a transparent bottle if rules permit).
- Tissues or Handkerchief: Useful for freshening up.
- Transparent Pouch or Case: To keep stationery organized.
- Glasses (if needed): Do not forget them if you wear prescription glasses.

## 2. Pre-Exam Rituals (Before Leaving Home)

- Eat a light, nutritious breakfast. Avoid heavy, oily food.
- Wear comfortable clothes suitable for the weather.
- Do a quick revision. ONLY glance at key concepts. No new learning!
- Pack everything the night before to avoid last-minute panic.
- Leave home early to factor in traffic and unexpected delays.
- Take deep breaths to relax your mind before stepping into the exam hall.

## 3. Dos and Don'ts Inside the Exam Hall

### Dos:

- Read the question paper thoroughly before starting.
- Allocate time wisely and begin with the easiest questions.
- Maintain legible handwriting and structured answers.
- Stay calm if you do not know an answer. Move to the next question.
- Keep track of time using your watch.

- Re-check your answers if you finish early.

### **Don'ts:**

- Do not panic if you see a tough question. Break it down logically.
- Do not waste time on a single question. Move ahead and return later.
- Do not rely on last-minute cramming. It adds stress.
- Do not discuss answers with friends before the exam. It might confuse you.
- Do not carry unauthorized items. Avoid disqualification risks.

## **4. Mindset Hacks for a Winning Exam Performance**

- Use Positive Affirmations: 'I am prepared. I will do my best.'
- Breathe Deeply: Helps in calming exam anxiety.
- Focus on One Question at a Time: Do not overthink the entire paper.
- Trust Your Preparation: You have studied well. Believe in yourself!

## **5. Pro Tip: Reward Yourself After the Exam!**

- Plan a small celebration after the exam, like a favourite snack.
- Let go of post-exam stress and avoid over-analysing answers.
- Move forward with confidence for the next paper!

**Save and Share this checklist with your friends!**