



F A Q S

Some Useful Tips

❖ ***How do I deal with exam related stress?***

Recognize your negative thoughts. Once you closely examine these thoughts you'll see how unrealistic they are. Challenge the thoughts that say you are a failure and that you can't succeed. Remind yourself that it was just another exam and with effort, you will do better in your next attempt.

❖ ***What if I do badly?***

Replace self-criticism with self-correction. Judging yourself harshly now won't help you do better in the future. Take the position of an observer. What if a good friend told you he had failed? Would you call him a failure? Most probably you would emphasize his good points and help him put the situation in perspective.

❖ ***How do I deal with my family's disappointment if my results are not good?***

Be open and honest with them. Share what you feel about the result and what you think went wrong. Reassure them of your concern and efforts. Above all, do not have a negative bias against your parents because sometimes they need more reassuring than you do.



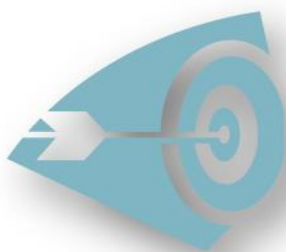
❖ ***What if I don't get the marks I'm expecting?***

Concentrate on your achievements and be realistic about your expectations as well. Usually we know when we have made a mistake, so take these into account while drawing up expected marks. If you are still dissatisfied with the results, the option of rechecking is always open.

❖ ***My board exams are nearing but whenever I prepare a particular subject, I feel like I have forgotten. This makes me more anxious and tense and I am losing confidence. I know I am capable of doing very well. Please help me.***

During this time of the year, students face a high level of performance anxiety. You must stay relaxed. Start writing down whatever you learn in order to avoid making mistakes. Solving sample papers within stipulated time limit will help you retain the subject matter. This will also make you confident. You must also take frequent breaks and relax in ways you enjoy.

If you still feel that there is too much pressure and you are unable to handle it and your self-esteem is coming down, then you must consult a professional counselor or a psychiatrist to help you.



❖ ***Everyone tells me to concentrate on my studies.***

One of the common mistakes a student makes is to totally change the lifestyle. This is under the assumption that if you isolate yourself from all leisure and fun times with friends and family and only study, then you will do better.

❖ ***I am addicted to the Internet and spend hours on it. I used to be a good student before but my performance has gone down drastically now. Please help.***

Recreation is not bad if done in moderation. Your situation is quite understandable. At this juncture you need self-control and try to refrain from logging on to the net.

❖ ***Despite sleeping well, I feel drowsy all day long. Whatever I study I forget quickly and I feel I am wasting valuable time. I am also eating a lot and have gained weight. I don't know what to do.***

To perform well in any activity, we need to have a well-planned strategy, which includes the useful activities and excludes the ones that are not top priority. Lack of interest or being over-worked could be the reason behind feeling sleepy. You should strike a balance between study and leisure. Include some physical activity in your routine. Have fixed study hours and take small breaks in between. Write down what you have learnt and solve sample papers.

❖ ***How much sleep is required?***

The human body requires an average of 8 hours of sleep per day. But there is no hard and fast rule. Each one of us has to understand our body rhythm and know by trial and error how many hours of sleep keeps us fit.

❖ ***What happens if we sleep less than what our body requires?***

If continued for long then the body gets into what is known as **sleep deprivation syndrome** because it accumulates so many hours of **Sleep Debt**. Then you get tired and sleepy, or suffer headaches, body aches, poor digestion, inability to concentrate, irritability etc.

❖ ***Should I study in the morning or at night?***

First understand whether you are an **owl** or a **lark**. If you can get up early in the morning and feel fresh then you must get up early and study or study late at night if you cannot get up in the morning.

❖ ***To keep awake for studying students drink lots of coffee. What is the harm?***

Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day may be Ok. Excessive coffee drinking has side effects like tremors, fast pulse rate, irritability, acidity and stomach pain.

❖ ***How does exercise help you mentally?***

Regular exercise releases good chemicals in our body. These are called endorphins. These make you feel happy. They counter the effects of stress, depression and anxiety that all students suffer from during exam time. So after exercising you get a “**Natural kick**” which is longer lasting and safe.

❖ ***How can I inculcate positive attitude towards future when I feel so scared?***

- ✓ Don't keep on thinking about the future.
- ✓ Believe in yourself.
- ✓ Try to put your best effort.
- ✓ Learn from your previous experiences papers and work more on your weak areas.
- ✓ Always remember that no one can see the future but what you can do is, prepare best for tomorrow.

❖ ***I have my board exams this year and I have been performing poorly in my pre board exams. I am constantly being compared to my cousin who is also preparing for the board exams. Please help me.***

No two individuals can be compared as each one is unique. Don't waste time dwelling on that. Instead, focus on yourself. Set realistic targets for yourself as per your capabilities. Identify the cause of your poor performance in your studies. Find specific solutions with help of your teacher, tutor or any of your friends. Draw out a time table so that you use your remaining time to the fullest. If possible, try to communicate with your parents about this.



❖ ***Do all children experience same kind of stress?***

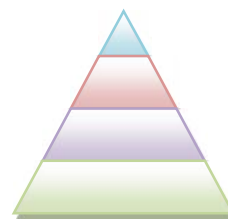
No, not all children feel stressed. For many youngsters, stress is not negative. Those who have confidence in themselves anticipate achievement and do not feel stressed at all.

❖ ***What if I miss breakfast?***

Missing breakfast leads to low blood sugar or hypoglycemia which can cause short-term memory problems, difficulty in concentration and problem solving.

1. What is the procedure for private candidates (appearing from Delhi region) to collect their admit card?

Intimation letters to all the private candidates appearing for class X & XII examination 2013 will be sent. Private candidates may collect their admit card from the examination centre mentioned in their intimation letter. In case intimation letter is not received, it may be printed from CBSE website www.cbse.nic.in and the Admit Card can be collected on production of the same at the examination centre.



For further queries, CBSE Regional Office at Institutional Area, I. P. Extension, Patparganj, Delhi can also be contacted during normal working hours.

2. What is the provision for private candidates to collect their Mark sheet and Certificate?

Private candidates are advised to collect their **Mark sheet and Certificate** from their Examination Centre.

3. Is it compulsory to pass in theory and practical exams.separately?

Yes, it is compulsory to pass separately in the subjects involving theory and practical in Class XII.

4. Is there negative marking for exceeding word limit?

No, the marks are not cut for exceeding the word limit. However, it is better to restrict to the specified word limit. This should be practiced at the time of revision, which will also help in completing the paper within the allotted time.



5. Will the examiner cut marks if the answers are not written in serial order?

No marks are cut. However, it is advised that the answers should be written in correct serial order as far as possible.

6. What is the procedure followed in marking the answers?

Each answer is divided into steps and marks are given in accordance to the weightage assigned for these steps. It is advised that a copy of Marking Scheme can be procured to get a clear idea.

7. Are the questions of Sr. Sec. Exam.strictly based on NCERT books?

NCERT books are recommended for studies as they cover the prescribed syllabus. At Sr. Sec. level there is no harm in consulting other books also.

8. Is the marking scheme given to examiners based on NCERT books? Is it sufficient to study from NCERT books?

The CBSE recommends only NCERT text books. The Marking Scheme developed by CBSE for Board Examinations aims to provide expected correct answers to the questions and marks distribution to the various parts of the answers to facilitate their objective evaluation.

9. How should the language papers be prepared so that losing marks for incorrect grammar and sentence structuring can be avoided?

Grammar and language section is a very important section in the Examination scheme of English language. Your grammar skills are tested in this section with a specific view to encourage use of correct grammar and sentence structuring. The student should practice from the work books prescribed by CBSE to hone up their grammar skills.

10. Does poor handwriting affect performance in the Board exams? What is the correct speed rate to follow?

Answers should be written in a hand which can be read easily by the examiner. Being neat and legible is important. There is no speed rate prescribed. It is better to divide time and plan answers while reading the question paper in the beginning.

11. Will a student loose marks if he/she opts for Hindi as a medium for writing +2 examinations?

No, certainly not. The Board gives option of medium to the students to answer questions in Hindi or English. The marks are deducted only in case of wrong answers.

12. If a choice is given to attempt any one of the questions in the Board exam, can we attempt both? If yes, which answer would be considered?

The instructions given in the question paper should be followed by the candidate. Attempting both the options not only takes away much of the precious time of the candidate but also confuses the examiner. So it is advised that you only attempt the option at which you feel confident.



13. If one gets good marks in the pre-boards what does it indicate? Will the marks in the Board also be good as well?

Getting good marks in the Pre-boards clearly indicates that one has prepared well. Being consistent in preparations will definitely fetch good marks in board exams as well.

14. How should one prepare for the mathematics paper to score well in it?

In Mathematics, understanding the concept is very important. If you practice without understanding the concepts, then there is a chance of you're not doing well in the examination. You are suggested to put in a lot of practice in Mathematics but not without understanding the concepts

15. Are marks deducted for missing steps in Math?

Yes, marks are deducted for missing steps. It will be better to get a copy of the Marking Scheme to know about the weight age and steps and practice according.

16. Is a new mark sheet issued after revision?

Yes, a new mark-sheet is issued after the revision whether upward or downward. The candidate has to surrender the old marks statement. In case of change in marks, the fee is also refunded to the candidate.

17. If a candidate passes in the additional subject but fails in one of the main subjects, what will the result show?

For class XII: In respect of a candidate offering an additional subject, the following norms shall be applied:

A language offered as an additional subject may replace a language in the event of a candidate failing in the same provided after replacement the candidate has English/Hindi as one of the languages.

An elective subject offered as an additional subject may replace one of the elective subjects offered by the candidate. It may also replace a language provided after replacement the candidate has English/Hindi as one of the languages.

Additional language offered at elective level may replace an elective subject provided after replacement the number of languages offered shall not exceed two.

For class X: In respect of a candidate offering an additional subject, the following norms shall be applied:

A language offered as an additional subject may replace a language in the event of a candidate failing in the same provided after replacement the candidate has English/Hindi as one of the languages; and

The replacement shall satisfy the conditions as laid down in the scheme of Studies.



18. What is the minimum Grade to qualify a subject in class X?

In class X to qualify a subject, a candidate must obtain minimum of grade D.

19. What is the procedure of appearing in additional subject in class XII?

An additional subject may be offered within 6 years of passing the examination of the Board provided the additional subject is prescribed in the Scheme of Studies. No exemption from time limit is given after six years. This facility is available at the annual examination only.

However, candidates appearing in six subjects at the Senior School Certificate (Class XII) Examination and being declared pass by virtue of replacement of subject may appear in the failing subject at the Compartment Examination to be held in July/August the same year.

20. Can a candidate simultaneously appear for Improvement as well as Additional subject examination?

No, a candidate appearing for Improvement in one or more subjects cannot appear for additional subject examination simultaneously.

21. When can I give improvement exam?

A candidate who has passed an examination of the Board may re-appear for improvement of performance in the succeeding year only. He/ She will appear as private candidate. The candidate (s) appearing for improvement of performance can appear in the subject (s) only in which they have been declared 'pass' and not in the subject in which they have been declared 'fail'.

22. How many chances does a student get for Improvement of Performance (Class X) and Compartment (Class XII)?

The number of attempts for **Improvement of Performance** for Class X has been **reduced to one from five** effective from Board in July/School by July-2013. There is a reduction in number of chances for **Compartment from 5 to 3** for Class XII for Examination-2013 onwards.

However, for candidates who have appeared for the 2012 examination or before and placed in the category COMPARTMENT/ELIGIBLE FOR IMPROVEMENT OF PERFORMANCE shall get up to five chances.

23. If a student decides to drop one year, what will be the syllabus applicable for the next examination, the old or the new?

The candidate will have to study the syllabus recommended for the year in which he/she plans to give the examination.

24. Can a Student use the basic calculator in the Board Examination?

Use of calculator is not allowed in CBSE Examination.

25. Are Clark's tables allowed in the board examinations? For which all subjects are they allowed?

Clarks Tables/Logarithmic Tables are allowed for the Board examinations in Mathematics, Physics and Chemistry.



All The Best !