THE SMART STUDENT *by Tom Charles* **Issue #10-2022**

A Motivational Newsletter for High School Students

How to Eliminate Exam worries

The term is coming to an end, and exams are here. To most students, this is a terrifying thought, feeling unprepared and the thought of failing is petrifying. It's this worry that I want to address today; not just exam worries but worries of all kinds. It was Mark Twain or someone else who said; "I've been worried about most things in life, many of which never occurred." Truth is, many of the things you're worried about are robbing you of the time and effort you should put towards improving your life. I know you're concerned about the coming exams, your education & future, your family & issues back home, your health, your negative friends, addiction or a hundred other things, but why have you forgotten the old prayer? ***"Dear Lord, grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference."***

First, there are things you can't change or do anything about, and worrying about them is of no use. It may be your physique, loss of a parent, your background, your family issues, the past etcetera, the only way to handle them will be to accept them and pray over them. As said, "*if it is meant to be, it will be; it cannot be otherwise*." We've accepted gravity, the weather & seasons, the rising and setting of the sun because they are things we can't change, so we embrace them. When the wind blows strongly, the trees bend in acceptance, if they'd be stiff, they'll break. Write down 5 issues you're worried about most, then ask yourself; "what can I do about it?" and write down your response. If there's nothing you can do about it, stop wasting time and energy worrying over it.

The second part of the prayer is on finding the courage to change the things you can change. Which leads me to share with you briefly how to handle your worries. Pick a pen and a notebook. Then answer the following questions.

1. ***What is the problem?*** (What am I worried about?)

For illustration, let's say; *"I'm worried about the coming exams"*

2. ***What's the cause of this problem?*** (Why are you worried about it?)

What do you think is the reason why you're worried about it and why are you in that problem? *"Well, I did not study during the term, I don't have lesson notes to revise, I have a lot of work, I don't know where to start from & I'm overwhelmed because I'm not prepared for the exams, I don't want to fail this exam, I've been studying but I just don't understand anything, it's hard to concentrate in class, I have friends who influence me not to study.*

3. ***What can I do about it?*** (All possible solutions to this problem)

What are some of the things you can do to solve the problem you're worried about? *"I just need to feel confident going into the exam, be well prepared for the exam"* How can you be prepared for the exams? *"Setting up a revision timetable and sticking to it, getting past papers for revision, copying notes and drawing diagrams I didn't complete, maximizing my time for study and avoiding distractions, teacher consultations, attending group discussions, letting go of issues at home to focus in class, cutting off negative friends, visiting library for available revision books, stopping sleeping habit during dawns and preps."*

4. ***What's the best solution?*** (Under the current circumstances' what's the top solution?)

"First, I resolve to change my attitude, mindset, friends & habits, then I'll draft a revision timetable, then pick as many past papers as I can to use for revision, I won't be able to copy all pending notes, so I'll utilize revision books.

5. ***When am I going to start?*** (When will you put these ideas to action?)

"I'm making a list of the negative friends, habits, attitudes & mindset I'll cut-off, immediately. After that I'll take 15 minutes to draft a revision timetable. At games time, I will collect past papers from the library and organize myself for revision tonight. In the evening, I will read the previous Newsletter that shared ***3 Ways to boost self-esteem*** *to get more confident*"

After answering these five questions, you won't be worried, you'll be motivated to take action. So, stop worrying, start executing.

Cheers!!!