



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEXT-1: MODULE 4

STRESS MANAGEMENT & EXAM CONFIDENCE

Dr. Nirbhay K.
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[earlycareerhelp](https://www.instagram.com/earlycareerhelp)

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EARLY CAREER HELP'S



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GUIDANCE PROGRAM

NEXT-1

For Students of Class 10



HELPS TO EXCEL IN BOARD EXAMS
WHILE BUILDING CLARITY ABOUT
FUTURE CAREER PATHS THROUGH
STRUCTURED SELF-ASSESSMENT,
SMART STUDY HABITS, AND
PERSONALIZED PLANNING

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Educational Consultant

NEXT-1: 6 Modules

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M1: Self-Assessment & Goal Clarity 🎯 – Mapping strengths, weak areas, and setting board exam + future goals.

M2: Study Strategies & Smart Learning 📖 – Subject-wise study techniques, NCERT mastery, revision plans.

M3: Time Management & Consistency ⌚ – Daily study timetable, balancing school, tuition, and self-study.

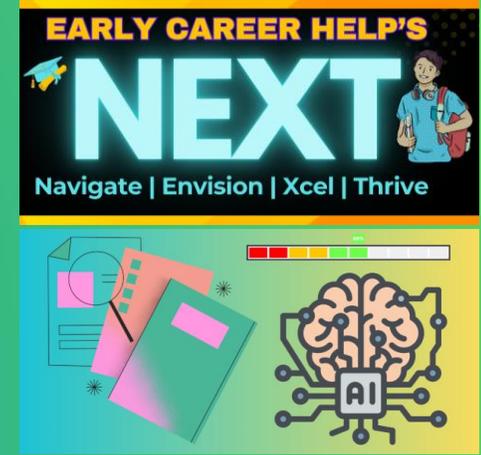
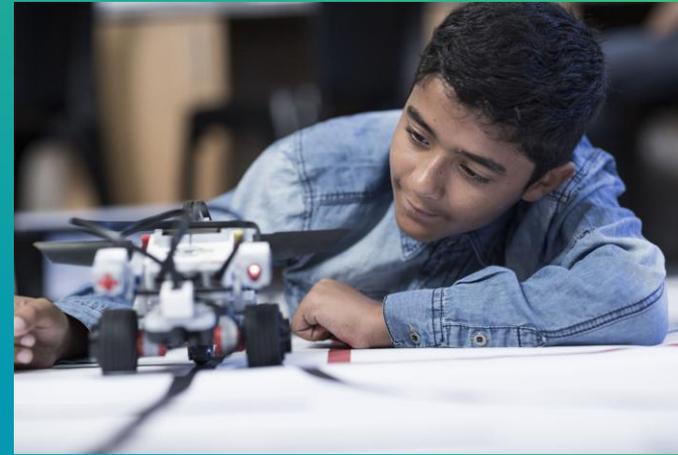
M4: Stress Management & Exam Confidence 😊 ♀ – Dealing with board exam fear and building confidence.

M5: Career Awareness & Stream Selection 🔍 – Introduction to Science, Commerce, Arts, and vocational options.

M6: Parent-Student Joint Planning & Progress Review 👨👩 – Creating a study-career roadmap together.

🕒 **"From Class 10 to Career Clarity!"** 📈

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“Confidence comes from preparation, not pressure. Manage stress, and exams will feel easier.” 🕒

- ✓ 😊 Practice deep breathing & relaxation techniques
- ✓ 📅 Prepare with proper planning to reduce anxiety
- ✓ 🧠 Focus on understanding, not rote learning
- ✓ 🎯 Solve previous years' papers for confidence
- ✓ 🛌 Sleep well before exams for better performance
- ✓ 💬 Talk openly about fears with parents/mentors
- ✓ 🎉 Celebrate small progress to stay motivated
- ✓ 🚶♂️ Include light exercise or walks to stay fresh
- ✓ 🌟 Believe in effort, not just results

“Stay calm, stay confident, succeed big!”



“Control stress, boost success!”



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Why Stress Happens Before Exams

- 📚 Too much syllabus, less time
- ⌚ Fear of forgetting answers
- 😬 Pressure from parents/teachers
- ⚖️ Comparing with friends
- 🎯 High expectations & fear of failure

“The reasons are many, but the solution is one — learn to handle pressure wisely.”



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Good vs. Bad Stress

-  Good stress keeps you focused & alert
-  Bad stress causes panic & mistakes
-  Notice signs: fast heartbeat, blanking out
-  Motivation comes from using stress smartly
-  Calm mind = better answers

“Stress isn’t your enemy—it can be your fuel if you learn to manage it!”

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Signs of Exam Stress 🚨

- 😬 Negative thoughts or self-doubt
- 😴 Trouble sleeping or waking up tired
- 🍫 Sudden change in eating habits
- 🧠 Blank mind while recalling studied topics
- 🏃♂️ Feeling restless or irritable

“Recognizing stress is the first step toward controlling it.”



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Daily Calm Habits 🧘

- 🧠 Practice 5-min deep breathing
- 🏃 Walk or light physical activity
- 🎵 Listen to soothing music
- 😴 Ensure 7–8 hrs of sleep daily
- 🥗 Eat light, nutritious meals

“Your body supports your mind—take care of both!”

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Building Exam Confidence

 Revise in bite-sized parts daily

 Solve previous years' papers

 Take mock tests under exam conditions

 Positive affirmations: "I've prepared, I will do well."

 Acknowledge your progress

**“Confidence is built daily.
With every small win,
you're getting stronger.”**

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Avoiding Last-Minute Panic

-  Focus only on revision, not new topics
-  Take 3 deep breaths before entering exam hall
-  Reach exam center early
-  Stay hydrated
-  Concentrate on your own paper

**“Stay focused, stay grounded.
The real exam is keeping calm
under pressure.”**

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Role of Parents

- 🌸 Support child's effort, not just results
- ❌ No comparisons with others
- 🤝 Communicate positively & calmly
- 🛑 Avoid discussing failures repeatedly
- 🎉 Celebrate discipline, not just marks

“Behind every young child who believes in himself is a parent who believed first.”

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Exam-Day Confidence Checklist

-  Sleep early the night before
-  Revise key points only
-  Eat light & nutritious breakfast
-  Start with easiest questions
-  Maintain self-belief till the last minute

“A well-rested, focused mind performs best. Trust your preparation.”

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Summary

- Stress is normal – learn to manage it smartly
- Build calmness through sleep, diet, and routine
- Confidence comes from daily preparation
- Mock tests, positive thoughts = exam readiness



**“You are bigger than the board exam.
Believe, breathe, and break through!”**

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CAREER AWARENESS & STREAM SELECTION

- ✓  Learn about Science, Commerce & Arts streams
- ✓  Explore vocational & skill-based career options
- ✓  Match interests & strengths with future careers
- ✓  Understand subjects needed for different fields
- ✓  Discuss real-life examples of professionals
- ✓  Know upcoming careers like AI, Data, Design
- ✓  Attend career workshops & counselling sessions
- ✓  Parents guide but let the child explore choices
- ✓  Identify myths vs facts about each stream
- ✓  Early awareness = better future decisions

“Stream selection is the first big career step—choose wisely, based on strengths and interests.”



“Right Stream, Bright Dream!”

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