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Board Examination Study Guidelines for Class 10th and 12th Students

1. Create a Study Plan

- Divide your time for each subject based on difficulty and importance.
- Stick to a daily timetable, ensuring time for revision, practice, and breaks.
- Allocate more time for subjects you find challenging.

2. Minimize Distractions

- Avoid excessive use of mobile phones, social media, and gaming during study hours.
- Keep your study area quiet and free of distractions.
- Inform family members about your study schedule to avoid interruptions.

3. Practice Time Management

- Use timers to complete sample papers and past question papers within the stipulated exam duration.
- Prioritize high-weightage chapters and topics first.
- Don't procrastinate—complete smaller tasks immediately.

4. Follow a Balanced Routine

- Sleep for 6-8 hours daily to maintain focus and energy.
- Take short breaks after every 1-2 hours of study to avoid burnout.
- Include physical activities like walking or light exercise to stay active.

5. Utilize Study Resources Wisely

- Refer to NCERT textbooks and focus on the exercises at the end of each chapter.
- Solve previous years' question papers to familiarize yourself with the exam pattern.
- Watch online lectures or tutorials only for clarification, not as a substitute for studying.

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6. Prioritize Revision

- Revise regularly to retain concepts.
- Prepare concise notes and formula sheets for quick reference.
- Focus on weak areas, but also revise strong topics to keep them fresh.

7. Take Care of Your Health

- Eat a balanced diet rich in fruits, vegetables, and proteins.
- Stay hydrated by drinking sufficient water.
- Avoid junk food and late-night study sessions that can disturb your health.

8. Seek Help When Needed

- Discuss difficult concepts with teachers or peers.
- Don't hesitate to ask questions or clarify doubts.
- Form small study groups to discuss important topics and solve problems together.

9. Avoid Last-Minute Cramming

- Finish studying major topics at least a week before the exam.
- Use the last week for light revision and practice.
- Stay calm and focus on retaining what you already know.

10. Stay Positive and Confident

- Practice meditation or deep breathing to reduce stress.
- Avoid negative thoughts and believe in your preparation.
- Celebrate small achievements to keep yourself motivated.

By following these guidelines, you can ensure better preparation and performance in your board exams. Stay focused, and all the best!

Ahan
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