



# Lingaya's Lalita Devi Institute of Management and Sciences

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## Department of Journalism and Mass Communication

### News Letter November 2024



## Managing Examination Stress: A Guide for Children



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As examination season approaches, many children feel their anxiety levels rising. Stress during exams is common, but excessive stress can negatively impact their performance and overall well-being. Parents, teachers, and caregivers must understand the signs of stress and provide support to help children manage their nerves.

Children often experience stress due to the pressure to perform well, fear of failure, or uncertainty about what to expect. They may exhibit physical symptoms such as headaches, stomachaches, or sleep disturbances. Emotionally, they may become irritable, restless, or withdrawn. As a supportive adult, recognizing these signs is crucial.

To alleviate examination stress:

1. Encourage children to prepare thoroughly.
2. Create a study schedule with them, breaking down revision into manageable chunks.
3. Encourage regular breaks to maintain focus and retain information.

Positive reinforcement is vital; praise their efforts, progress, and accomplishments. For instance, if they spend an extra hour studying, acknowledge their dedication. If they improve their grades, celebrate their hard work. If they complete a difficult task, commend their perseverance.

Relaxation techniques can also help. They can reduce anxiety, improve concentration, and enhance overall well-being. Teach children deep breathing exercises, visualization, or guided imagery to calm their minds. Physical activity, such as walking or yoga, can reduce tension. Ensure they get sufficient sleep and maintain a balanced diet to support their mental and physical health.

Communication is key. Listen attentively to their concerns and offer reassurance without dismissing their feelings. Encourage them to express their emotions through writing, drawing, or talking to a trusted friend or family member.

On the day of the exam, establish a morning routine to help them feel grounded. Ensure they eat a nutritious breakfast, arrive early at the examination center, and have all the necessary materials.

Reframe thinking can also help. Encourage children to view exams as opportunities to learn and improve, rather than threats to their self-worth. For example, instead of thinking 'I might fail', they can think 'I will do my best and learn from the experience'. Remind them that it is okay to make mistakes and that they can learn from them..

## Preparing for Exams: A Comprehensive Guide for Children



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As the examination season approaches, children often feel anxious and uncertain. However, with a well-planned preparation strategy, they can build confidence and achieve academic success. This article will explore essential tips to help children prepare effectively for exams.

### Understanding the Examination Format

Before starting preparation, it is crucial for parents to guide their children in understanding the examination format. This includes the syllabus, question types, and duration. Encourage your child to review past papers, familiarize themselves with the exam structure, and identify focus areas. This understanding will give both you and your child a clear roadmap for effective preparation.

## Creating a Study Schedule

As a parent, your involvement in creating a realistic study schedule with your child is crucial. This not only ensures that revision is broken down into manageable chunks but also makes you feel responsible for your child's academic success. Allocate time for each subject, ensuring adequate coverage of key topics. Encourage regular breaks to maintain focus and retain information.

## Setting Goals and Objectives

As a parent, your role in helping your child set achievable goals and objectives for each study session is crucial. This support and encouragement will help your child maintain motivation and track progress. Break down larger goals into smaller, manageable tasks to ensure steady progress.

## Maintaining Health and Well-being During Examinations: A Guide for Children



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Examinations can be a stressful and overwhelming experience for children, affecting their physical and mental health. As a parent or caregiver, it's essential to prioritize their well-being during this critical period. Here's a comprehensive guide to help children maintain their health and perform optimally.

### Physical Health

1. **Nutrition:** Provide a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Avoid

sugary and processed foods that can lead to energy crashes.

2. **Hydration:** Encourage plenty of water intakes to stay focused and alert.

3. **Sleep:** Ensure 8-10 hours of sleep each night to aid memory retention and concentration.

4. **Exercise:** Regular physical activity reduces stress and boosts energy levels.

### Mental Health

1. **Stress Management:** Teach relaxation techniques like deep breathing, meditation, or yoga.

2. **Positive Self-Talk:** Encourage positive affirmations to build confidence.

3. **Time Management:** Help prioritize tasks, set realistic goals, and take breaks.

4. **Emotional Expression:** Encourage open communication about feelings and concerns.

### Health Tips during Exams

1. **Stay Calm:** Encourage slow, deep breaths before each exam.

2. **Visualize Success:** Imagine achieving goals and overcoming challenges.

3. **Stay Organized:** Keep study materials and schedule organized.

4. **Take Breaks:** Regular breaks maintain focus and productivity.

### Common Health Issues during Exams

1. **Headaches:** Due to stress, dehydration, or poor posture.

2. **Fatigue:** Resulting from lack of sleep or poor nutrition.

3. **Anxiety:** Causing stomach-aches, nausea, or panic attacks.

4. **Digestive Issues:** Related to stress, poor diet, or dehydration.

# Activity

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01.11.2024	02. 11.2024
04. 11.2024	05. 11.2024	06. 11.2024	07. 11.2024	08. 11.2024 Internal Exam	09. 11.2024 Internal Exam
11. 11.2024 Internal Exam	12. 11.2024	13. 11.2024	14. 11.2024	15. 11.2024	16. 11.2024
18. 11.2024	19. 11.2024	20.11.2024 Radio Production Lab (251) 3 <sup>rd</sup> Sem  New Media Lab(351) 5 <sup>th</sup> Sem	21. 11.2024 Video Production Lab (253) 3 <sup>rd</sup> Sem  Media Research Lab (353) 5 <sup>th</sup> Sem	22. 11.2024 Summer Training lab (255) 3 <sup>rd</sup>  Event Management Lab (355) 5 <sup>th</sup> Sem	23. 11.2024 Radio Jockeying and News Reading lab (257) 3 <sup>rd</sup> Sem  Function Exposure Report (357)
25. 11.2024 Film Appreciation Lab (361) 5 <sup>th</sup> Sem	26. 11.2024	27. 11.2024	28. 11.2024	29.11.2024	30.06.2024

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