

SCHOOL IS COOL

Tips for learners to score high grades

■ **Yasmin Contractor, Principal, Summer Fields School, Gurgaon shares a few key points to remember before entering the examination hall**

As the time of exam draws near, the stress of students, teachers and even parents becomes palpable. Schools report low attendance as students miss school for self-study. My first and foremost suggestion- Don't Panic! Everything in the world is possible if you set your mind to it. Remember the famous story of the race between the tortoise and the hare. Eventually tortoise did win the race because he constantly worked hard. Now is the time



for you to plod on continuously and succeed. I will share a few tips that help you sail through the exams. Prepare a

study time table for yourself. Make sure that it is realistic and you have time to yourself for a short break. This will help you unwind. The best way to finish an unpleasant task is to get it started. If you are weak in a particular subject ensure you tackle it at the time when you are fresh. Practise by writing- even writing point wise helps to jog the memory. Target mastering small portions at a time thoroughly. Ensure you get enough sleep. This helps you overcome tiredness and has a calming effect on you. Nothing is more important than having a positive attitude. Visualising yourselves doing well will give you a lot of confidence. Most importantly, cut back on mobile and TV time.

guruvani

YASMIN CONTRACTOR, Principal, Summer Fields School, Gurgaon

'Making difference to each child counts'

Do dreams have a deadline? If you could chase a second dream, what would that be?

Yes. But only to start another dream! This is my dream job - I love education, and school. My second dream would be to follow the same passion with the same fervour.

Tell us about the most recent success stories of your school. Please talk about one or two such examples that are most dear to you.

Success to me is to be able to make a difference to each and every child. Recently when I was able to bridge the rift between a child and his father, it felt good.

Principals are required to stay active almost through the entire day at work. How do you ensure the high motivation and energy levels needed cope with the enormity of the job?

If you love your job and



are passionate about your work, the task does not seem formidable. In this case my work is my hobby. This apart, regular exercise keeps me fit and active.

It is said that one learns something every day. How much do students/teachers contribute in your daily learning process?

Yes, it is true. I have learnt a lot from my students as

well as teachers. Every day is a learning process. One does not know what lesson awaits you round the corner!!

Share with us your favourite pastimes/modes of relaxation before/after a busy day. Cooking, reading, family-time and theatre are my passions. Travelling is the raison d'être for my existence.

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If you love your job and are passionate about your work, the task does not seem formidable. In this case my work is my hobby. This apart, regular exercise keeps me fit and active. I love cooking, reading and attending theatres.