

NEW HORIZON COLLEGE OF ENGINEERING
COUNSELING DEPARTMENT

Exam Orientation: Session Report
Chemistry Cycle

Date	Time	Section	No. of participants
14/08/2023	2:00 PM to 3:00 PM	B	48
	3:00 PM to 4:00 PM	G	40
16/08/2023	9:00 AM to 10:00 AM	C	37
	10:00 AM to 11:00 AM	D	42
	11:00 AM to 12:00 PM	H	34
	1:00 PM to 2:00 PM	A	43
17/08/2023	9:00 AM to 10:00 AM	I	30
	10:00 AM to 11:00 AM	E	36
	2:00 PM to 3:00 PM	J	30
18/08/2023	9:00 AM to 10:00 AM	F	35

Session Overview:

The exam orientation session aimed to provide participants with valuable insights and strategies to effectively manage exam-related challenges. The session covered four main topics: Exam Anxiety Symptoms, Last-Minute Preparation Tips, Exam Stress Videos, and Discussion about Time Management.



Topic covered:

1. Introduction: The session started with a brief introduction, welcoming participants and explaining the purpose of the orientation. The importance of addressing exam-related stress and anxiety was highlighted.

2. Exam Anxiety Symptoms: The first segment of the session focused on understanding and recognizing exam anxiety symptoms. Counsellor discussed common signs of anxiety, such as nervousness, racing thoughts, increased heart rate, and negative self-talk. Participants were encouraged to share their own experiences and thoughts on managing anxiety.

3. Last-Minute Preparation Tips: The second topic centred on effective last-minute preparation strategies. Counsellor emphasized the importance of prioritizing key concepts and reviewing summarized notes. Techniques for solving sample questions and staying healthy during this crucial phase were discussed. Participants were invited to share their own methods for managing last-minute preparations.

4. Exam Stress Informative Videos: In this segment, the participants were introduced to the concept of utilizing online resources, such as videos, to alleviate exam stress. Counsellor mentioned various platforms where stress management videos can be found and suggested search terms for finding relevant content. Participants were encouraged to explore these resources on their own time.

5. Discussion about Time Management: The final part of the session centred on time management strategies for effective exam preparation. Counsellor discussed creating study schedules, setting goals. Participants engaged in an interactive discussion, sharing their own time management approaches and learning from each other's experiences.

Q&A and Closing:

Participants had the opportunity to ask questions and seek clarifications on any of the topics covered. Counsellor addressed queries and provided additional tips based on individual concerns. The session concluded with a recap of the key takeaways and a reminder to implement the discussed strategies in their exam preparations.

Conclusion:

The exam orientation session provided participants with valuable insights into managing exam-related challenges. By addressing exam anxiety symptoms, offering last-minute preparation tips, introducing stress relief videos, and discussing time management strategies, participants left the session equipped with practical tools to enhance their exam preparation experience. The interactive nature of the discussion allowed participants to share their own perspectives and learn from each other, fostering a supportive learning environment.

Ms Prachi B
Student Counsellor