



College of Social Work (Autonomous) Nirmala Niketan
Students Welfare Committee

Workshop On Exam Preparation and Study Habits to Score High

February 08 and 09, 2022



College of Social Work (Autonomous), Nirmala Niketan

Workshop on Exam Preparation and Study Habits to Score High

Organized by Student Welfare Committee (SWC)

Date: 8th & 9th February 2022

Time: 2:00 pm to 5:00 pm

Venue: College Hall

Resource Person: Dr. Vaijayanta Anand, Mr. Sameer Mohite and Ms. Shama Sawant

Total No. Of Participants: 8th February = 15 students (9 females and 6 males) and 9th February 18 students (15 females and 3 males)

Introduction

College of Social Work, Nirmala Niketan admits students from different parts of our country and especially students from remote villages of Maharashtra. Several of them are from underprivileged backgrounds and students who come from boards in which the language of instruction is not English are most severely plagued by this problem as the only language of instruction at college is English. As the language plays a major part in understanding, such

students understand close to nothing in the initial lectures which leads to very weak basics for the students. Students who come from underprivileged backgrounds with no access to quality education face a lot of problems in coping up with the curriculum.

Such problems arising mostly because of various socio-economic factors, is that the above problems are usually, not always through, seen together in students. Also, a large chunk of such students end up landing in dropping out or failing in the exams. It is also worth mentioning that the degree to which these problems show an effect are more prevalent in students coming from underprivileged backgrounds. Hence, the college has decided to organize a workshop on exam preparation and study habits to perform well in the exams.

Objectives:

1. To give additional help to students who have fallen behind the rest of the class in the subjects taught in the class
2. To help students to learn to the best of their ability and to bring them back into the mainstream classes as far as possible.

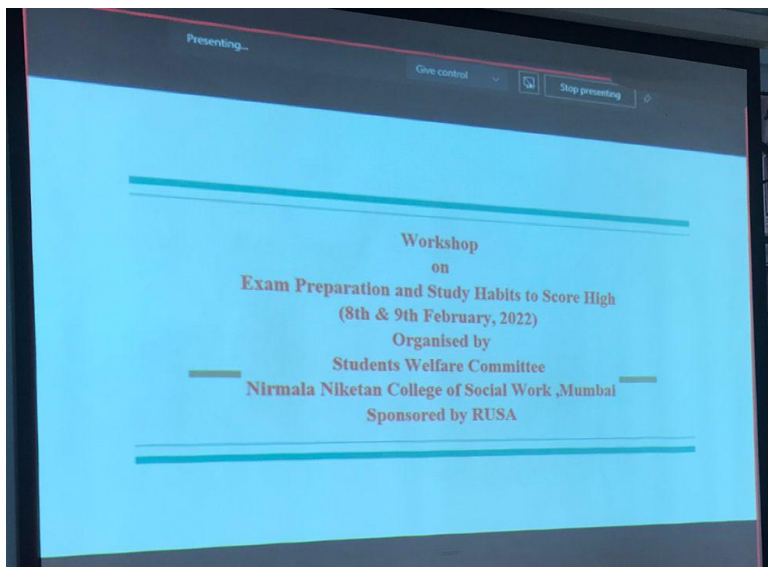
The three sessions have been planned for the students such as Stress Free Exams: Preparation Prerequisites, What and how to study and Writing and preparing for exams.

Session 1: Stress Free Exams: Preparation Prerequisites

Ms. Shama has started her session by discussing ‘Negative Mechanisms’ to handle failures in life such as denying the fact, crying out, sleeping and avoiding people i.e. family, friends etc. Then she has focused on ‘Positive Mechanisms’ to handle failures in life such as accept how you feel (Don’t try to push it away by distracting yourself or by trying to push the responsibility onto the rest of the world (if you deep down know that this one’s on you partly or fully).

Session 2: What and how to study

Mr. Sameer focused on study discipline where he discussed how to remove temptations. For study, a dedicated study space and time is very important. It is important to eat Brain Food before beginning the study to keep mind fresh. There is no Perfect Timing for studying rather whenever you are fresh is the perfect time for study. For study, managing the study time effectively is a very important thing. He focused on Note-taking Techniques for preparing an answer for the exams. Reading a topic is very important for exams. Then he discussed how to find supportive material from websites.



Session 3: Writing and preparing for exams

Dr. Vaijayanta Anand focused on how to prepare for exams and write answers. She discussed how to organize notes, thoughts, opinions and experiences into answers. She explained how to read and understand the questions and then organize answers accordingly. She explained how long answers should be and what should be the structure of the answers. She also focused on the importance of writing point wise answers giving examples related to your field. Carefully studying question bank and revision is very important in the exams.

Students have given feedback that these sessions were very useful for them in performing well in their exams and received this workshop in a positive spirit and requested to organize such a workshop again. They