

What is a session and how to survive it: a libezer for a freshman

buying an essay

In the life of every person there is a time of change. For the first time this moment comes when walking in kindergarten. Next, when changing the kindergarten to school. Any changes in the child's life occur with anxiety and excitement, so it is very important that people close to him are nearby: Moms, Pope, Grandparents.

Changes

The most significant variation is the end of the school and entering secondary special or higher education institutions. New people, new items, perhaps a new city - all this has stress per person, well, or at least causes some excitement. Probably everyone will agree that at the same stage of training, the most exciting process according to the degree of anxiety is the passage of the examination session. Everyone belongs to it in different ways, as it all depends on the student's attitude towards credit / exams and from personal alarm level. We give several tips for freshmen in relation to the surrender of the first examination session.

It is best to productively engage in educational activities during the semester. This contributes to facilitating the preparation for the exam when approaching it, or the receipt of the "automaton". With strong excitement, it is recommended to follow the exam, among the first. Long-term anxiety contributes to a decrease in pressure, increased sweating, trembling of voice and hands, dizziness, and sometimes fainting. As they say "shot and go".

How to facilitate the upcoming session?

The student's participation in scientific and practical conferences or the implementation of any research work is often positively assessed by the teacher as an examination of the scores on the exam.

Any preparation should be started in advance, not for two or three days before passing the exam. Sometimes the storage of material is carried out by drawing up associations. It can be consigning words that are often used in colloquial speech. Pictures or graphics are best remembered mentally "taking pictures" picture and keeping in their memory. It also helps periodic drawing an image on paper. The surest variant, if the subject is absolutely theoretical, is to teach. As it were trite it did not sound, but it helps. Even if you do not fully master the material, you will have some kind of knowledge. Thus, the teacher will see that you are preparing, and will not "throw you." There are cases when practical tasks for the exam are known in advance, or there is a similar option. In these cases, it is necessary to make it in advance, so to speak, "fill the hand." You can seek to help to knowing people, because payment for solved task is a bit.

Do not be afraid to ask questions. It is for this that consultations are created that the teacher explain all your misunderstandings. Some of them seeing your activity in the preparation of questions will remember you, you will understand that his subject is interesting to you. It can play your side on the exam. If you were poorly prepared, do not rush to answer. For a start, calm down. Sit for five minutes, without thinking. Then write everything you know on this issue and approximately. The latter will be able to rescue you if necessary to answer the questions of the teacher. There are always similar tickets. Wait until someone respond to a similar question, and take the information you need for you. At the university, college has various mugs, sections, cultural and entertainment events. Do not catch only on learning, allow yourself to be distracted and add creative worries to the everyday. What would not be your anxiety, your level of preparation and other factors, remember that the success of your session depends only on you.