

Don't Let Exams Break You

Parents are always eager for their children's success. But they should be realists and limit themselves to wise counseling. It would be counterproductive to always question and pressurise children.

In practical life, getting less marks in exams is relative. A student learns even if he gets less marks, and then in the next term, he tries to score better. This is the case in both education and practical life. There are many examples to prove. M K Gandhi and Swami Vivekananda were not toppers in education, but were heroes in practical life.

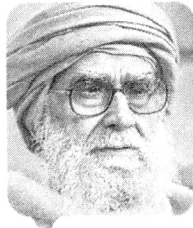
Here are questions students asked me on the eve of their exams:

We are told the Boards are crucial, but fear and uncertainty are troubling me. I'm apprehensive about my future. Some of my friends say they'll commit suicide if they don't perform well.

■ Nothing is crucial in life. What is important is sincerity and determination. Parents must inculcate this spirit in their children. Qualifying in an exam is good for taking further admissions, but it is not necessary for having a better life. Parents must educate children on the principles of life and inculcate in them virtues like patience, wisdom, adjustment, realistic approach, and learning from failure; and knowing it really doesn't matter if you don't get your way in everything.

Topping exams is no guarantee that a person tops in life. However, if you are aware of life's principles, then success follows.

Regarding suicide, I would say that you are judging yourself from others' eyes. Take decisions on your own, and discover your own worth. Be self-made, discover your potential and turn this



I think I have a split personality that's egging me on like a strict mentor. But pressure to match up to my friends hounds me.

■ The criterion of matching up to a friend is not what decides who gets more marks in exams. It is more important that you understand the realities of life. The future of your friends is unknown, but it is a known fact that superachievers achieved great success in life due to their inner qualities and not because of scoring more marks in an exam. Read and draw lessons from the lives of successful persons.

Excessive academic stress is fraying my nerves. I go completely blank sometimes and am on the verge of a breakdown. I want my family to talk to me, but they say I shouldn't be disturbed.

■ What your family is doing is out of love. In fact they are giving you more time to discover your capabilities. Then why complain? Take it as an opportunity. Books are your best companions.

Try to live on your own, then you won't complain about others. The other name for this attitude of yours is 'underestimation of yourself'. Knowing more about successful people is more important than making contact with family members, as the former gives you guidance for life, while the latter give emotional satisfaction.

There is a world beyond parents, friends, and school. Increase your learn-

potential into actuality. Discover your potential and realise you are underestimating yourself and the Creator.



ing by knowing about this world.

What if I start panicking during an exam? What if I blank out?

■ This only means you have some capability other than studies. Discover that and develop it and you will emerge successful. There are so many persons in history, who were not good in studies, but were heroes in practical life.

The Creator has given different capabilities to people so that in every field, people who can excel, emerge. You also have a special quality; discover it and make progress in that field. ■



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