

The Board Exams: A Journey of Growth

- Bibin Abraham

As a Physics teacher, I have seen numerous students walk into the examination hall with their hearts pounding, palms sweating, and thoughts racing through their minds. Some are confident, some nervous, and others simply overwhelmed by the pressure of what the board exams represent. Having been in their shoes once, and now guiding them through this phase, I can confidently say that board exams are not just about marks—they are about growth, resilience, and, most importantly, learning to handle pressure effectively.

The Hype and The Reality

The moment a student enters Class 10 or 12, the phrase “board exams” becomes a household term. Relatives, neighbours, and even family friends who haven’t called in years suddenly take an interest in their life. The pressure is immense, and suddenly everyone becomes concerned about their studies. As a result, many students start equating their self-worth with their performance in these exams. The hype is real!

But let’s pause and reflect: do board exams truly define a student’s intelligence or future success? The answer can be both yes and no. While they do test a student’s knowledge, discipline, and problem-solving skills, they do not measure creativity, emotional intelligence, or the ability to adapt—qualities that are just as crucial in real life. A student’s true potential goes beyond what is reflected on a marksheet.

A Teacher’s Perspective

Over the years, I have witnessed students who were academically brilliant but crumbled under pressure, and others who weren’t toppers but tackled the exam with strategy and confidence, ultimately performing beyond expectations. What is the difference here? It all comes down to attitude and mindset—the art of staying calm under pressure.

Bryant McGill wisely said, “Your calm mind is the ultimate weapon against your challenges. So, relax.”

I often tell my students to maintain a composed mindset while writing their exam—whether they are facing a hard paper or an easy one, the key is to stay calm and approach each question systematically.

Preparing for board exams is like training for a marathon, not a sprint. Consistency is far more important than last-minute cramming. Small, steady efforts every day build confidence and clarity. A well-rested mind absorbs concepts better than an exhausted one running on caffeine and stress. Getting adequate sleep, eating well, and taking short breaks during study sessions can significantly boost performance.

The Role of Parents and Teachers

Parents play a crucial role during this phase. Many times, I have observed that parents are more stressed about the board exams than their children. Their high expectations often put additional pressure on students, making them anxious rather than motivated. To all parents reading this, I urge you be your child's support system, not their examiner at home. Encouragement and reassurance work better than constant criticism.

As teachers, our responsibility goes beyond completing the syllabus. We need to foster confidence in our students. I believe in making my students comfortable with the subject rather than making Physics seem like an unconquerable monster. When students approach me with doubts, I always remind them, "It's okay to struggle; what matters is that you don't give up." Struggle is part of learning, and every challenge is an opportunity for growth.

A Message to Students

Dear students, your board exams are important, but they do not define your entire future. Focus on understanding concepts, practice consistently, and take care of your mental well-being. Marks can open doors, but your skills, knowledge, and attitude will take you further in life.

When you enter the examination hall, take a deep breath. The paper in front of you is not an enemy but an opportunity—to prove to yourself how much you have learned and how capable you are. Trust yourself and your preparation.

You can always start your exam with a small prayer, as it will fill your mind with positive energy which can help you gain a positive momentum.

Lastly, remember that success is not measured solely by marks but by your ability to learn, adapt, and grow. Board exams are just one chapter in your life's journey, and trust me, many more exciting and fulfilling chapters await you.

So, give it your best shot, stay positive, and enjoy the process of learning.

All the best!

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