



Askari Universal School

CBSE Affiliation No. 430554



Counselling Session on Overcoming Exam Fear

05/10/2024

"Facing your fears is the first step to conquering them. With the right guidance, even exam anxiety becomes an opportunity to succeed."

On 05-10-2024, a counselling session was conducted for students of classes 9 and 10 at Askari Universal School, Kanodar. The session, led by school psychologist Mr. Najir Kavi, focused on how to overcome exam fear.

Mr. Kavi provided valuable tips on effective exam writing, time management, and explained the causes of exam phobia. He also shared practical strategies to help students overcome this fear.

The session concluded with a question-and-answer segment, allowing students to address their specific concerns. Overall, it was a highly beneficial session that will undoubtedly assist the students in their future exams.



