

**Report of**  
**Ace the Test: How to Handle Exam Stress, Prepare Effectively and Write Well for your Exams**

**A Student Empowerment Program**

**Organized by the Teresian Teaching Learning Centre, St. Teresa's College**

**20 November 2020, 3.30 pm-5.30 pm**

The Teresian Teaching-Learning Centre (An IQAC initiative), St. Teresa's College (Autonomous), Ernakulam initiated an Online Student Empowerment Program on **Ace the Test: How to Handle Exam Stress, Prepare Effectively and Write Well for your Exams** for the students of the college on 20<sup>th</sup> November 2020 from 3.30 pm to 5.30 pm. The event was conducted live via Google Meet and via Youtube live. There were two sessions by the following resource persons:

Dr. Ajith James Jose, Senate Member, Mahatma Gandhi University, Kottayam and Assistant Professor, SB College, Changanacherry

Ms. Betsy Joseph, Mental Health Practitioner and Psychiatric Social Worker.

Dr. Ajith James Jose handled the session on Art of Winning in Exams and Ms. Betsy Joseph handled the session on Mental Health and Wellbeing: Managing Exam Stress

There were 307 participants, 200 of which attended via Google Meet and the rest of them watched the even via YouTube live.

- Both sessions were extremely useful for students. Dr. Ajith James Jose explained in detail how to study, how to prepare for exams, things to do before and during exams, things to avoid before and after the exams, how to utilize time effectively during exams, how to catch the attention of the examiners by taking care of little things while writing the exams and so on. Ms. Betsy dealt with what is stress?, how to cope with anxiety and fear?, stress and anxiety, intolerance of uncertainty, excessive worry, exam stress, 'Automatic Negative Thoughts (Ants)', practical behavioral practices, 'Mindfulness', and how to reset emotional arousal.

The session concluded with interaction of the resource persons with the participants.

**Brochure:**



**ST.TERESA'S COLLEGE**  
(AUTONOMOUS) ERNAKULAM  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
Reaccredited by NACC with A++ Grade (Fourth Cycle)  
(Affiliated to Mahatma Gandhi University, Kottayam)

**'ACE THE TEST' :**  
HOW TO HANDLE EXAM STRESS, PREPARE  
EFFECTIVELY, AND WRITE WELL FOR YOUR EXAMS

A STUDENT EMPOWERMENT PROGRAMME  
ORGANIZED BY  
TERESIAN TEACHING LEARNING CENTRE

Date: Friday, 20<sup>th</sup> November 2020  
Time: 3.30 pm to 5.30 pm

**Details of Sessions:**

Session 1  
Art of winning in Exams  
**Dr. Ajith James Jose**  
Career Groomer, MG University Senate Member & Assistant Professor  
St.Berchman's College, Changanassery

Session 2  
Mental Health and Well Being : Managing Exam Stress  
**Ms. Betsy Joseph**  
Experienced Mental Health Practitioner and Psychiatric Social Worker  
with a global career spanning across India , USA and UK within the  
health care industry. Founder of InSync Minds Therapy Services.

link for registration: <https://forms.gle/bJhQ424V9gTcwbuP9>

## Registration

### Registration Fees

: The online programme was offered to the interested students and was free of cost.

### Duration of the Programme

: 2 hours

### Target Group

: All Students of the college

### No. of students registered

: 307

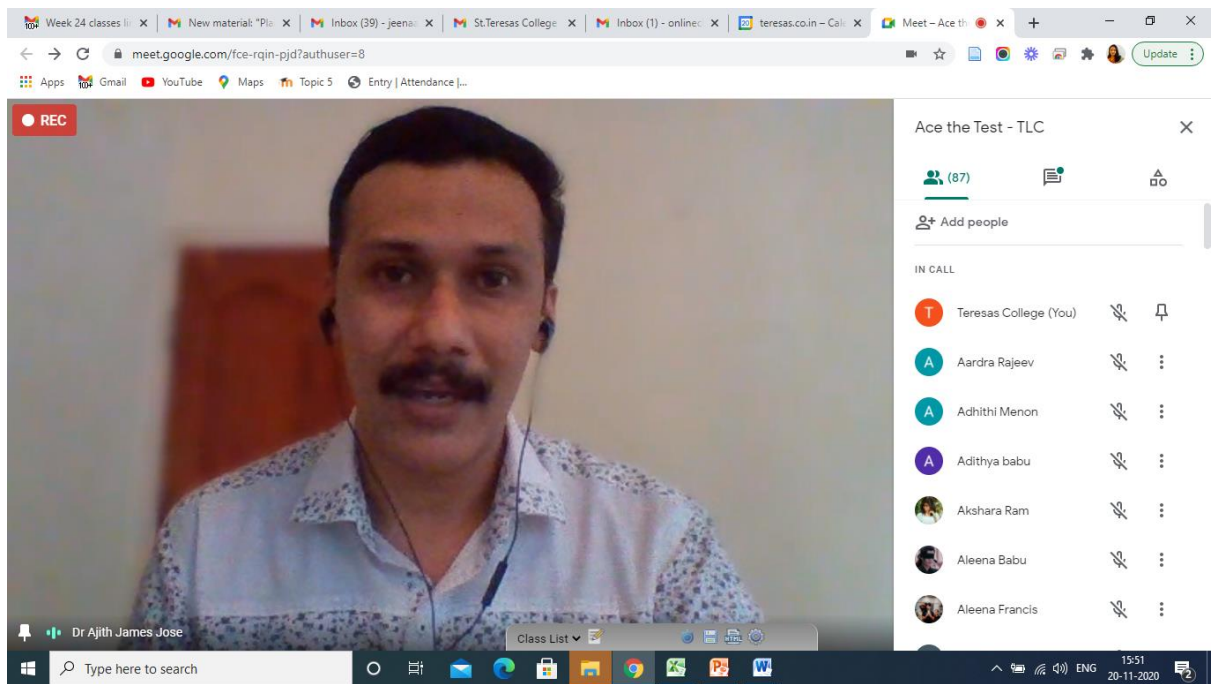
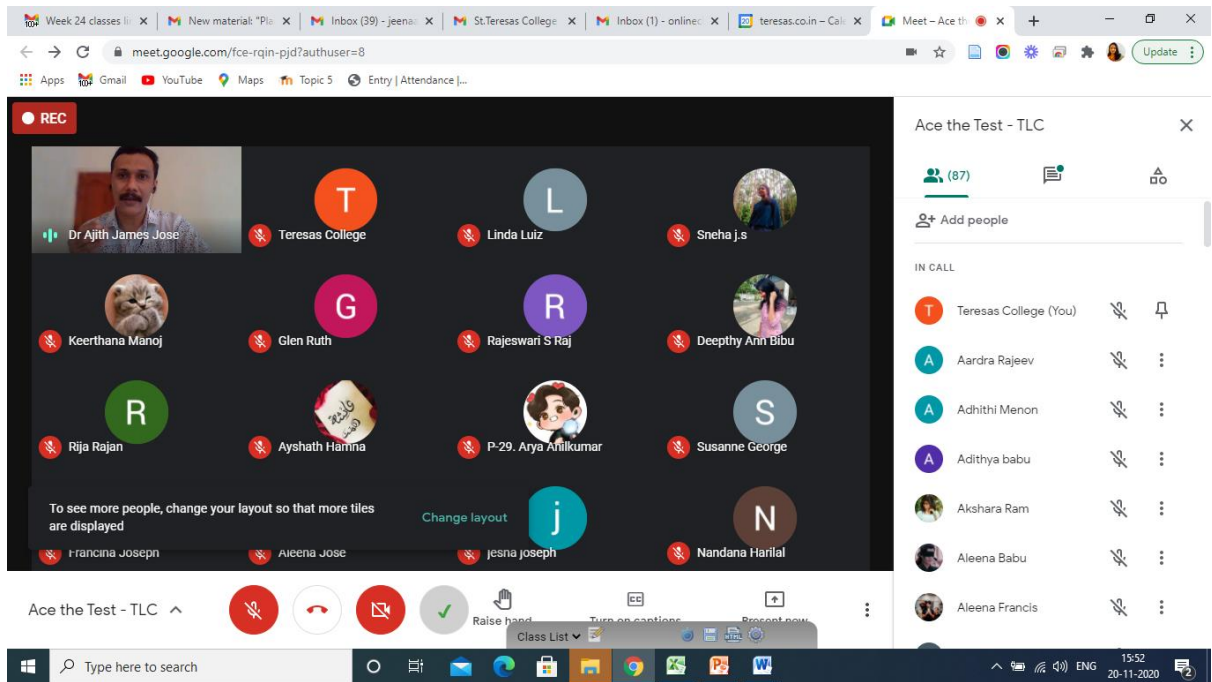
## Feedback analysis

Question	Responses (On 5 point scale)			
	5	4	3	2
How satisfied were you with the event	65.3 %	25.5 %	9.2%	
How relevant and helpful do you think it was for your studies?	64.3 %	26.5 %	9.2 %	
How satisfied were you with the session content?	52 %	36.7 %	10.2 %	1%
Your overall feedback for the event?	Excellent 58.2 %	Good 40.8 %	Bad 1 %	
Which sessions did you find most relevant?	Very relevant	Relevant	Not relevant	Did not attend
Dr. Ajith James Jose	63	31	3	1

Ms. Betsy Joseph	58	31	3	6
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## Photos

### Session by Dr. Ajith James Jose



# Session by Ms. Betsy Joseph:

The image shows a Google Meet session interface. The main video feed displays a woman with glasses and a maroon top, identified as Betsy Joseph. The chat window on the right contains the following messages:

- Adhithi Menon 16:29: Thank you sir
- ardra anil 16:29: Thank u sir
- Aysha Shabnam 16:29: Thank you sir
- Nandana Harilal 16:29: Thank you sir
- Merin Joby 16:29: Thank you Sir
- Teresas College 16:57: The feedback form: <https://forms.gle/kKWaXA2gT3SyoWF7>. Also sent by email

The interface includes a 'REC' indicator, a 'Class List' dropdown, and a Windows taskbar at the bottom showing the time as 17:14 on 20-11-2020.

# Interaction with students:

