

Rise & Shine

A happy, hopeful guide to learning well and scoring well
for CBSE Class X and XII students

**You are capable of more than you know.
Every page you study today is a gift to your future self.**

1 Find Your Spark

- ★ Your exams are your stage to discover what **you** can do. You're doing this for yourself and your dreams.
- ★ Write your **big why** on the first page of your notebook: a stream you love, a college you dream of, a skill you want, a smile you want to see at home.
- ★ Celebrate progress: be a little better than you were last week. That is real success.

2 A Calm, Confident Mind

- ★ **Turn care into action.** "Chapter 6 needs love, I'll do it tomorrow." Every plan you make turns doubt into confidence.
- ★ **Focus on your power:** your study time, sleep, practice and handwriting are all in your hands, and that's plenty.
- ★ **Butterflies mean you're ready.** That excited feeling before a paper is energy. Say "I'm ready to shine!"
- ★ **Box breathing:** in 4 seconds, hold 4, out 4, hold 4. Four rounds and you feel fresh and clear.
- ★ **Everyone around you wants you to win.** Share your plan with parents and teachers, and let their support lift you.

3 Learn Smart, Screen Light

- ★ **NCERT is your best friend.** Read a chapter, close it, and write a one-page summary from memory. Watch how much you remember!
- ★ **Be the teacher.** Explain a topic aloud to a family member or a mirror. If you can teach it, you've mastered it.
- ★ **Revisit to remember:** review each topic after 1 day, 1 week and 1 month. It stays for good.
- ★ **Paper power:** pens, notebooks and the textbook do the heavy lifting. Use one short video only for a tricky topic, then back to paper.
- ★ **Focus sprints:** 40 to 45 minutes of deep focus, then a 10 minute treat break. Phone rests in another room.
- ★ **Golden notebook:** collect every mistake with its correct method. Each one is a mark you'll win back.

4 Write to Win Marks

- ★ Read the CBSE **marking scheme** for each subject. You'll see marks love steps, keywords and neat structure.
- ★ Use the 15-minute reading time to pick your favourite questions and plan your order. Start strong with what you know.
- ★ Long answers: crisp points, headings, underlined keywords, plus a diagram, flowchart or table to make it shine.
- ★ Maths and Science: formula, working, then the answer with unit in a box. Every step earns you marks.
- ★ Case-study and assertion-reason: read slowly, underline the clues, answer exactly what's asked.
- ★ Neat numbering, clean handwriting, and 15 minutes at the end for a happy final check.
- ★ Rehearse full 3-hour papers on paper. The hall will feel like home.

5 Fuel Your Body, Fuel Your Brain

- ★ **Sleep 7.5 to 8 hours.** Your brain saves today's learning while you rest.
- ★ **Move every day:** 20 to 30 minutes of walking, cycling, dancing or play. Fresh body, fresh mind.
- ★ **Eat colourful, drink water:** fruits, vegetables, regular meals, less sugar and caffeine.
- ★ **Daily joy:** music, a game, a laugh with family. Happy students learn faster.

6 Bounce Back Brighter

- ★ A low test score is a signpost showing where to grow. Pick two mistakes, fix them, and watch your marks climb.
- ★ Mind goes blank? Pen down, three slow breaths, jump to a question you love. Memories come flowing back.
- ★ Every night, write **three wins** from your day. Small wins grow into big confidence.
- ★ Feeling heavy for a few days? Talk to a parent, teacher or counsellor. Reaching out is a superpower.

✨ My Daily Shine Checklist

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| ☐ Focused in sprints, phone resting | ☐ Taught or wrote one topic from memory |
| ☐ Solved questions, filled my golden notebook | ☐ Moved, ate well, slept on time |
| ☐ Wrote my three wins | ☐ Smiled at my progress |

**Small steps every day create big results.
Believe in yourself. Keep going. You've totally got this!**