

# CBSE Guidelines





## *Guidelines for PARENTS*

- ➡ Candidates should go in school uniform and with school Identity Card in addition to Admit Card issued by CBSE and permissible stationery items only.
- ➡ Candidates must visit the examination center at least one day prior to the date of examination so that they can reach before 10.00A.M. on the days of examination
- ➡ Candidates should leave for the examination center keeping in view weather conditions, traffic conditions etc.
- ➡ Candidate and Mother /Father /Guardian must check the particulars mentioned in the admit card and sign at the appropriate place after verifying particulars including photo and its correctness.



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- ➡ **Candidates should not carry mobile or any electronic items and any barred item to the Examination Centre**
- ➡ **Candidates must read and adhere to the important instructions given in the admit card**
- ➡ **Candidates must read amended rules for unfair practices.**
- ➡ **Candidates should refrain themselves from spreading rumors and hosting any material on social website including whatsapp, YouTube ,Twitter etc**



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Some simple tips which can be implemented from your end, to help your child cope with stress.

- ▶▶▶ Please wake them up in the morning with a positive stroke, a touch/ hug which a child expects from his parents.
- ▶▶▶ Start your child's day with a positive statement-showing your love
- ▶▶▶ Take care about the communication you have with your child, before she /he leaves for exams such as **I am sure you will excel, I am sure you will give your best, all luck to you, I will be waiting for you to come back....etc**
- ▶▶▶ Do not let your anxiety pass on to your child. Whatever the situation is, last moment positive support from your end will give a boost to your child's confidence



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➡ When the child comes back, please avoid asking only how was the exam, instead ask....how was the experience....

➡ Avoid talking about the subject.

➡ You can't alter that but at least you can support the child for the next one.

➡ Please ensure that a very happy and healthy atmosphere is given to the child in the house during his exams.

➡ Avoid unnecessary arguments within the family, differences can be resolved later; It will affect your child and add to his stress

➡ Please play soft instrumental music while the child is having his breakfast or relaxing with you



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- ➡ Avoid giving marks as target to the child. She/he is sensible enough to understand her/his targets
- ➡ Avoid nagging for any reasons
- ➡ With a positive stroke, make the child sleep. Your two minutes will give him sound sleep for some hours, that will help the child to combat with the situation.
- ➡ Avoid advice please, give the child his space .
- ➡ Keep the child away from social networking sites & electric gadgets which can distract the child.

**ALL THE BEST TO YOU!**