



November,
2022

Monthly Insights

Department of
Information Technology



Articles

Stress Management during exam period

Exam stress is a common phenomenon among students of all levels. It is normal to feel anxious and overwhelmed when preparing for exams; however, high levels of stress can be detrimental to academic performance. This blog post explores the causes and effects of exam stress and offers practical tips to help students manage it.

First, let's examine the causes of exam stress. Pressure from parents and teachers can be a major source of stress for students. Others may be worried about not doing well and fear the consequences of failing an exam. Many students also fear the unknown, not knowing what to expect from the exam or which topics will be covered.

Now let's look at the consequences of exam stress. The most common effects are physical symptoms like headaches, insomnia, and stomachaches. Other effects include decreased concentration, poor academic performance, and a decrease in motivation.



Finally, there are a few simple steps that students can take to manage exam stress. They should start by creating a study plan and breaking up the material into manageable chunks. It is also important to allow themselves enough rest and practice test-taking strategies. Additionally, students should avoid unhealthy coping mechanisms such as alcohol and drugs.

Exam stress is a common feeling amongst students, but it can be managed. Taking the time to plan ahead and prepare can help alleviate some of the pressures associated with exams. Regular breaks, adequate sleep and a balanced diet are all important components of a healthy lifestyle, which can help students focus when facing an exam. Acknowledging and understanding the sources of stress is also essential in helping students cope with the pressure of exams. By seeking out support and staying positive, students can reduce their stress levels and take control of their exam period.

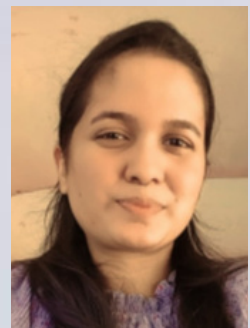
By having an understanding of the sources of exam stress, and taking the necessary steps to cope with it, students can build the confidence and resilience necessary to excel in their exams.



Ideas for exam day

- Prepare everything you'll need for your test the night before, including water, calculators, pens, pencils, and comfortable attire.
- Eat a light breakfast to boost your energy and attention.
- Make sure you know where you're going and how you're going to get there, and don't forget to bring your travel card.
- If you're feeling nervous just before your exam, concentrate on your breathing. Breathe in to a count of 3 and then breathe out to a count of 3. Continue doing this for a few minutes.
- Read through the exam paper carefully.
- Work out how long you have for each question or section and stick to it. If you have time at the end you can return to complete unfinished questions.
- Work on the questions that you find easiest first.
- Allow time before the end of the exam to re-read answers and make any necessary changes.

Remember when you finish your exam, take time out to relax a bit before you start preparing for the next exam. Do something you enjoy or have a chat with your friends.

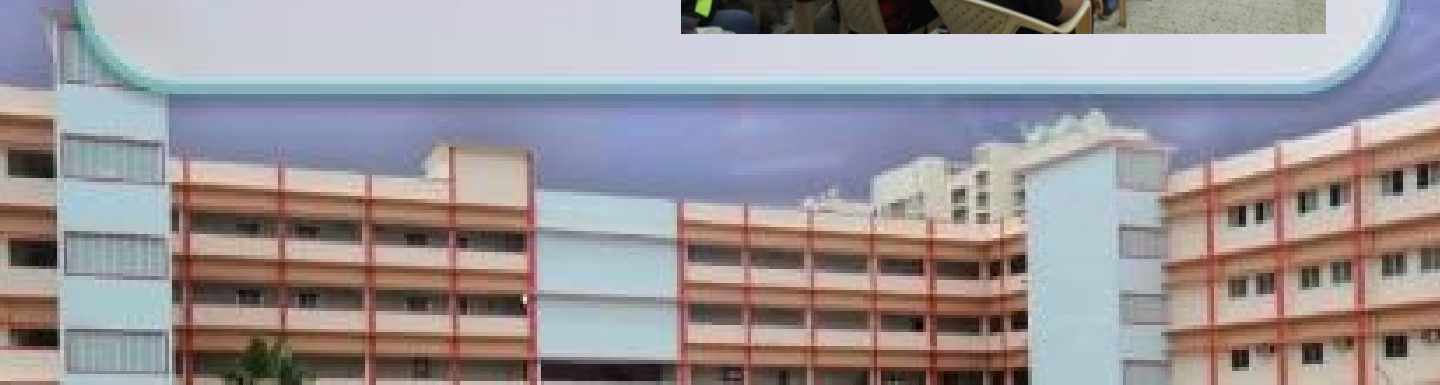


Tanvi Bhabal, TEIT

Academics

Cimpress 23 placements were conducted on 16th Nov 22 on the college campus, Ajit Jena from IT received a package on 12 LPA.

An orientation program for FE students was organized on 16th November 22 in Seminar Hall under the presence of Fr. Dr. John Rose, Head of Departments, faculty and non-teaching staff of first year engineering. To inspire the current FE students, toppers of previous year were felicitated who later encouraged their junior.

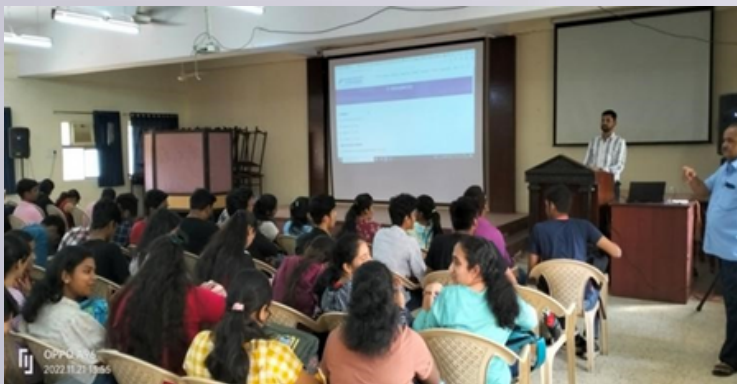


Activities

NBA visit finally took place on 4th, 5th, and 6th November 2022. The departments of EXTC and IT had applied for this visit in 2021 by submitting a prequalifier and a Self-Appraisal Report. Over the course of two days, the committee observed faculty lectures, examined project presentations, visited all the labs and facilities including the placement cell and the accounts office, and interacted with students as well as the teaching, administrative and non-teaching staff. The exit meeting was held on Sunday 6th November 22 during which the Chairman and members of NBA committee shared their constructive feedback and appreciated the collage for its excellent hospitality.

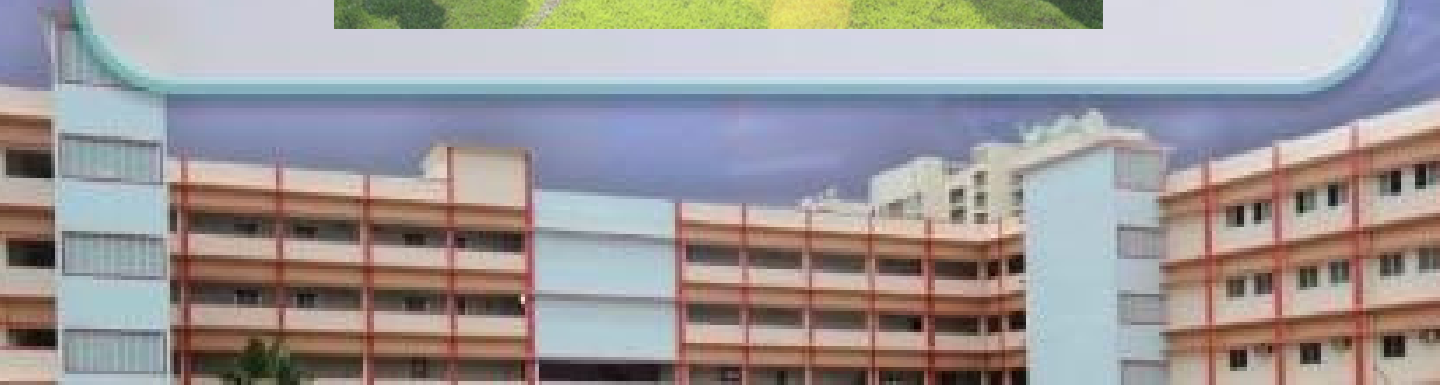


The XIE Library conducted an orientation program regarding the library resources and services for the newly admitted first year students on Monday, 21st November 22 in Seminar Hall. Rules, regulations, and policies regarding resource usage were shared with student.



XIE inaugurated the new 'St. Xavier's Sports Complex' and the 'St. Xavier's Gait Lab' on Wednesday, 23rd November 22. A prestigious panel of dignitaries along with the Chief Guest, Mr. Rajnish Seth, IPS, Director General of Police, Maharashtra State did the honours of inaugurating the same by unveiling the plaque. Sports Complex sprawls over 30,000 sq. ft is made with the intention of providing the student of XIE a channel for their athletic abilities.

The Gait lab, instated in collaboration with Jesuit Marquette University, USA aims to conduct gait analysis in 3D and give information that will help athletes and differently abled children, making XIE the only engineering collage that hosts a GAIT lab on campus.



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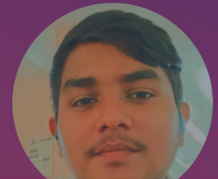
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