

Write A Letter Suggesting Three Tips To Beat Examination Jitters

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Hello Joy,

I was happy to receive your last letter; it's been a while. I understand that you are preparing for your final-year examinations, as I am. However, we ought to make time for social activities, you know what they say about all work and no play!

In your letter, you mentioned that you are having doubts about your ability to pass your examinations. But you don't have to worry. You are experiencing cold feet, which is perfectly normal for anyone facing a life-changing event such as our situation. It is natural, and everyone passes through that moment at one time or another. I had been suffering the same fate myself until I read an article that provided a guide on how to manage examination jitters.

The first thing the article mentions is that the examination candidate should be calm. They should realize that their fate is in their hands. Panicking will only result in mistakes. If you have not covered the syllabus as you should have, do not become downcast and believe that all is lost. Take a day and do nothing else except go through the topics in the syllabus. You may find that you have treated more areas than you assumed.

Secondly, you must create a study timetable and make a conscious effort to follow it. If you don't stick to a schedule, the result may be haphazard studying and likely giving much more time and attention to one subject. All eight subjects that we have to write are equally important, although mathematics and English carry a bit more weight. Still, our target is distinctions in our five core subjects, if not the entire eight. After you have made a timetable, you must practice with past questions, which you can easily get even online (here's a link to practice quizzes on writing, comprehension, and multiple choice questions (objectives)). We are going to sit for JAMB also, so here's a link to the JAMB English reading text for 2025: The Lekki Headmaster. Practice, practice, and more practice. The saying that practice makes perfect is true in this case. Practice gives you confidence, and confidence results in assurance that you will pass the examinations.

But before the above suggestions, you must BELIEVE in yourself. If you don't have confidence in your ability to ace the examinations, you will have already lost half the battle.

In summary, the examinations we are going to write are the culmination of six years of secondary education. This examination is the West African Senior School Certificate Examination (WASSCE), and the certificate obtained is the minimum requirement for higher education and even employment. One of the requirements for presidential

aspirants in the country is a WASSCE certificate, so I cannot stress enough how critical the coming examination is for you, me, and our various friends and classmates!

In conclusion, these three suggestions I gave above should help with your examination jitters if you follow them diligently. To recap, I said, one: don't panic, instead, stay calm, two: make a timetable and practice continuously with past questions; if you don't practice beforehand, you will be making the main examination your practice run, which is not ideal! Three: Believe in yourself; we did not spend six years studying without learning anything! Our parents sacrificed and gave us all the materials we needed to succeed. They have confidence in us, so we should not let them down.

I look forward to hearing from you about how you have mastered the situation and, beyond that, our victory in the exams, so we can come home and take a well-deserved holiday! Till then, stay safe, and bye for now!

Your best friend,

Rita