



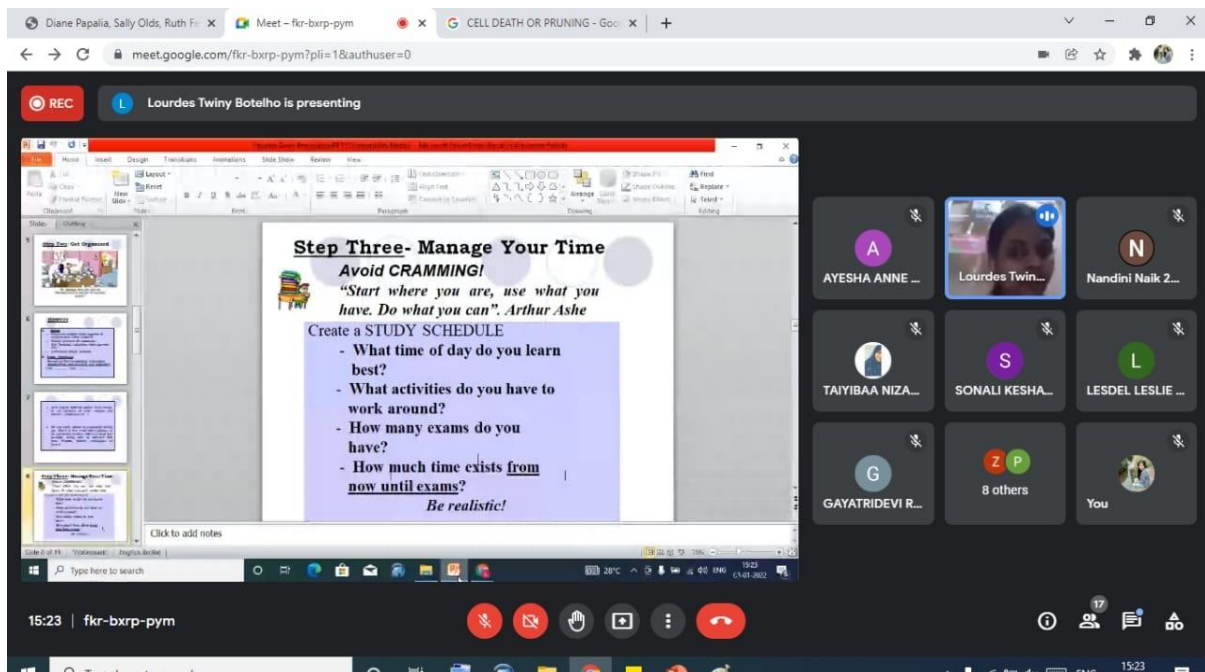
DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2021-2022



ONLINE SESSION ON STUDY TECHNIQUES AND EXAM STRESS

Organised by Department of Psychology

An online session on 'Study techniques and exam stress' was held by the Department of Psychology of Dhempe College of Arts and Science, Miramar – Goa on 8th January 2022 at 2:30pm to 3:30pm for FY.BA Psychology students. It was attended by 35 students along with the 1 faculty member. The main aim of the session was to provide the students with various study techniques and manage exam stress and motivate them to perform well in exams. The resource person for the session was Ms. Lourdes T. Botelho, College Counsellor of Dhempe college of Arts and Science.



The resource person spoke about effective preparation for exams and how to overcome Exam stress. She further also gave various tips on smart and effective learning and also highlighted on various study techniques that would be very efficient for the students during exams. The session was concluded with some mindfulness exercises. Overall the session was very interactive and informative and students enjoyed the session.

Botelho

(Mrs. Lourdes Botelho)
College Counsellor