

Success P L A N N E R

for BOARDS

CLASS 10

Exam pattern,
Trend, Strategy
& Success Mantra





PREFACE

Education can be a life-changing point in every child's life. The stream and career that is to be chosen in high school and later in life need a strong foundation base at a primary and secondary level. A foundation is an early staple for aspirants who are not only preparing for the Class 10 examinations but have far-reaching goals of other competitive examinations ahead of them. With several years in the field of education, Disha publication has been working at various levels to be the one-stop solution for quality education. In this book, we intend to form a strong base for any future competitive exam candidate and help them recapitulate the latest pattern and syllabus. This book also mentions the study techniques and preparation tips for students with illustrative examples added for better understanding and to ensure they build up their skills in a motivated manner.




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ABOUT THE EXAMINATION

The Central Board of Secondary Education (CBSE) is a national level board of education in India for public and private schools, controlled and managed by the Union Government of India. CBSE has asked all schools affiliated to follow only NCERT curriculum. There are approximately 20,299 schools in India and 220 schools in 28 foreign countries affiliated to the CBSE.

CBSE conducts the final examinations for Class 10 and Class 12 every year in the month of March. The results are announced by the end of May.

The AISSCE (All India Senior School Certificate Examination), also called Boards in common language, is an examination conducted every year by the Central Board of Secondary Education on behalf of the Government of India.

being seated with all new students and taking the exam under strict observance of the invigilators is enough to prepare you for the upcoming academic challenges. Once you get familiarised with the whole process, you will feel more confident and prepared for the next time when you will encounter the same situation in class 12.

Though in comparison with class 10th the degree of complexity in class 12th will be higher, but the experience of class 10 board exams will make you familiar with the fuss and more confident to face your class 12 boards which will decide the course of your college life, eventually affecting your career prospects.

Helps you realise your level among others

The class 10 board exam is a perfect criteria to indicate a student's learning and abilities. It lets you know your stand as compared to not only your few classmates but all the class 10 students across the country. Since board exams are conducted at the national level, a bad result in class 10 boards can be taken as a wake-up call to perform better next time.

An excellent performance in class 10 boards will give you motivational push to maintain the same level of success in future as well. The sense of achievement on scoring well in your board exams will overshadow your performance in school's internal exams.

PATTERN PROCEDURE (CBSE)

Each of the examinations takes place simultaneously across the country, to ensure that questions are not leaked in advance across time zones. Security is usually high for these board examinations. The question papers are distributed by the overseeing board of education, and their contents are guarded closely until the exam begins. The examinations may include multiple sets of question papers as well. The candidates are issued identification passes in advance, which are presented to the staff at the examination site. The site itself must not be the same school where a candidate is from; to ensure impartiality, the candidate must travel to a different school to take the examination. For the same reason, the candidate may not identify himself/herself on the answer sheet except with an identity-masking number. Use of calculation aids other than logarithm tables, which are provided by the examination centre, is prohibited.

CHANGES IN EXAM PATTERN FROM 2020

Central Board of Secondary Education (CBSE), this year made some important changes in the examination pattern of class 12. From introducing internal assessment in all subjects to changing the format of question paper for board exams, students must be aware of every minute detail of the changed examination pattern. As per the new exam pattern, CBSE has given more weight to the school-based/internal assessment. Major change will be observed in the questions paper format in the board exam 2020. Question papers will have more number of objective type questions. The following changes have been made in the

More Number of Objective Type Questions

This comes as a major relief for class 12 students that CBSE will be introducing 25% multiple choice questions

(MCQs) in all the subjects in board exam 2020. Thus, out of 80, only 60 marks will be given to the subjective type questions where students are required to write the detailed answers. This will definitely help students improve their scores in exams and lessen the burden of writing a lengthy paper. Moreover, MCQs will push students to study each and every topic with proper understanding

Increased Number of Internal Choices in Different Questions

Board had already introduced more number of internal choices in the 2019 Board Exams where the internal options in all sections of question paper were increased by 33%. The same practice shall continue henceforth for all subjects in the class 10 board examination 2020. The increased number of choices helps students pick a question which they are more confident about. This definitely helps them enhance their marks in the board examination.

Internal assessment in all subjects

Earlier, the internal assessment was not involved in all the subjects of class 10 like maths, languages, political science. As per the new assessment scheme, now, about 20% marks will be kept for internal assessment in all these subjects. Thus, from the March 2020 board exam, the CBSE board paper will carry 80% marks. However, for the Science subjects and fine arts the weightage will remain unchanged. To know the marks allotment for internal assessment and theory paper for other subjects, go through the latest CBSE syllabus for academic session 2019-2020.

PURCHASE YOU WON'T REGRET!



The NCERT Books are one of the most important resources for every class 10 Student. Here is why you should not miss these books.

Unique Features

- The Unique Selling Point of these books lie in their quality of solutions which provides 100% Reasoning (which is missing in Most of the Books) and are Errorless.
- A lot of solution provide Notes immediately after the Solutions which provides Important Tips, Shortcuts, Alternative Methods, Points to Remember etc..
- These books provide Quick Revision of the concepts involved along with Important formulas and definitions, in each chapter, which would act as a refresher.
- This is followed by the detailed solutions (Question-by-Question) of all the questions/ exercises provided in the NCERT book.
- The solutions have been designed in such a manner (Step-by-Step) that it would bring 100% Concept Clarity for the student.
- The solutions are Complete (each and every question is solved), Inflow (exactly on the flow of questions in the NCERT book) and Errorless.

School exams to weigh 10 marks in the final marks

In the Board Exam 2020, 10 marks from school examinations will count towards the total marks in a subject. In class 10 Mathematics and English subjects, board exams will be conducted for 80 marks and remaining 20 marks will be kept for the internal assessment. If you talk about Mathematics, 10 marks out of 20 will be taken from the results of the school exams. The remaining 10 marks will be taken from internal evaluation.

CBSE changed the examination pattern with an aim to :

1. discourage students from rote learning
2. develop analytical skills and reasoning abilities among students
3. produce better results and improve the academic quality of institutions

EVALUATION AND PROMOTION

For promotion from Secondary (Class 10) to Senior Secondary (Class 11-12), a student must obtain, for all subjects (or best of 5, if 6 subjects are taken), 33% overall, without any minimum theory marks is the requirement.

As per pass criteria for Class 10th, students have to obtain overall 33% marks in each subject, both theory and practical/internal assessment taken together, in order to pass the examination.

The Practical/Project/Internal Assessment will be conducted by the schools and the same will be examined by an External Examiner appointed by the CBSE Board.

Schools will upload the marks on the official website of the CBSE after practical/internal assessment for class 10 (as applicable).

For a student who does not manage to pass up to two subjects, he/she can write the compartment in those subjects in July. For those who fail the compartment, or those who fail in three subjects or more, he/she must rewrite all the subjects taken in that year.

PREPARATION TIPS

FINISH YOUR STUDY TASKS ON A DAILY BASIS

If a lesson has been taught at school, finish preparing it the same day at home. Keep this as your prime policy. The same policy applies for tuition classes. Don't postpone tasks. Don't let procrastination ruin your life. Make up your mind that you'll finish a task on the very same day it is supposed to be done.

REVISE PORTIONS REGULARLY

Just preparing lessons daily won't be sufficient. Because, after a while, chances are that you might forget the lessons. This is when revision comes handy. Yes, revising things thoroughly will etch it in your memory. It is like engraving a drawing on a rock. The more you revise, the better it is. In case of subjects like physics and mathematics, make it a point to revise the formulas as much as you can. Because, if you have mastery over them, you can score well in board exams and competitive entrance exams too.

TAKE TESTS REGULARLY

After studying and revising, it is time to do an honest assessment of your preparations. Make sure that you solve practice test papers time and again. Just school and tuition class exams are not enough. Try to grab as many question paper sets as you can and solve them. While solving them try to be honest and go for an honest evaluation. After evaluation, make sure that you take the corrective measures. That is, by correcting your errors and improving your performance.

REVISE AGAIN

This part is very important and can't be ignored. Once finished with the tests and evaluation of a chapter/subject, students tend to forget about it altogether. Don't commit this mistake folks. Revision can't be ignored.

It is something students should embrace with open hands. So, make it a point to revise again and again, even after tests and evaluation.

AVOID BURNOUT

What is a burnout? If you do an activity for an excess amount of time, naturally you'd get tired. This is called burnout. Anything done in extremes can result in burnout. The same principle applies to studies as well. Too much studying and no means of relaxation can wreak havoc with your mental and nervous system.

Board students should indulge in stress busting activities. For example- try to find time to indulge in your favourite hobby, play games like soccer, cricket etc, travel with family, enjoy and celebrate festivals, hang out with friends occasionally

GROUP STUDIES WITH GOOD FRIENDS

Whether group studies can be productive or not depends on the quality of the members of the group. The 'group' should consist of students, who are devoted to and serious about studies. You should go for group studies with only those friends, who you think are good at studies. They should be your honest friends. Give them the freedom to analyze and rate your performance.

This way, you'll come to know of your weak points easily. Further, with the help of your friends, you can work towards improving your weak areas. Would you believe it? Many IAS rank holders have credited their success in exams to group studies and the combined efforts of a group! In most of the cases, the group members would help each other strengthen their weak points.

UNDERSTAND THE CONCEPT, DON'T ROTE LEARN

During this period of time, most important chapters are covered in subjects like Physics, Chemistry, Mathematics, etc. Due to the overload of portions to study, students tend to look at the temporary solution- memorizing portions plainly or mugging it up. This is a bad idea. Chapters studied this way won't stay in memory for long. Students should always try to understand the concepts and get their fundamentals right. Especially in the case of subjects like Physics, Mathematics and Chemistry, if you understand the concepts, things will be much easier to remember. Take for example balancing of equations in Chemistry. It can get really tough. But if you understand the fundamentals of balancing an equation, then there would be no need of memorizing equations. Understanding fundamentals makes life much easier.

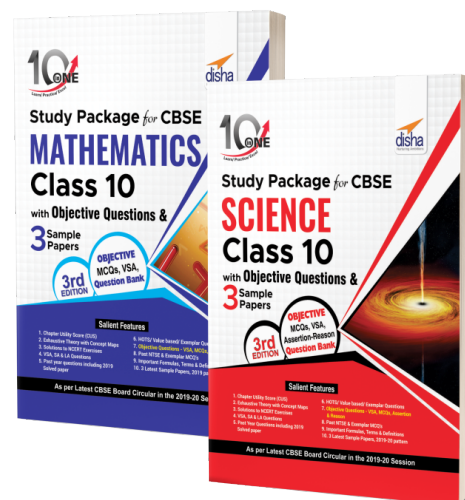
In case of other subjects too, such as Maths and Physics, always pay attention to fundamentals. It will make things easier plus you'll be able to do well at twisted and tough questions asked in examination in a much better way.

CULTIVATE SUBJECT WISE LEARNING HABITS FOR INCREASED PRODUCTIVITY

The best way to deal with Mathematics subjects is by writing and practicing problems. Just reading and

Study Package

with Objective Questions
- VSA, MCQs, A & R etc.



As per the latest CBSE Notification Class 10 Mathematics / Science Board Exams will feature MCQs in the 20 Objective Qns of the 1 Mark category. The 3rd edition of the book 10 in ONE CBSE Study Package Mathematics/ Science class 10 with 3 Sample Papers has 10 key ingredients that will help you achieve success.

1. Chapter Utility Score (CUS)
2. Exhaustive Theory with Concept Maps
3. Text Book exercises
4. VSA, SA & LA Questions
5. Past year questions including 2017 - 2019 Solved papers
6. HOTS/ Value based/ Exemplar
7. Objective Questions - VSA, MCQs
8. Past NTSE & NCERT Exemplar MCQ's as required with the latest change in CBSE pattern.
9. Important Formulas, Terms & Definitions
10. Latest Pattern (2019-20) 3 Sample Papers with detailed Solutions

Useful for NTSE, Olympiads and
other Competitive Exams

skimming through solutions is not the best way to study Mathematics. But studying Social Science is better done by reading through chapters and jotting down important points. There is no need to write each and everything, when it comes to this subject.

There are different techniques available for dealing with different subjects. Students must approach each subject accordingly and go forward with the best study method- reading, writing, solving problems etc. Create such learning habits and you'll see your productivity go up!

HEALTH IS WEALTH; EAT WELL

Yes, eating a healthy, balanced diet is of utmost importance. Because, you are what you eat. Eat a balanced diet, full of green vegetables, fresh fruits, dairy products, fish, meat, eggs etc. to increase your concentration and focusing abilities.

TIME MANAGEMENT IS THE KEY

- Divide your work on the basis of your priorities and at the end of the day, check your progress.
- Do not overestimate the time that you are left with for studying. Extra revision won't harm you but not studying for an appropriate time definitely will.
- Start by setting small goals for each day. A task which can be completed in just 30 minutes is one of the best procrastination beaters.
- Create a balanced plan which challenges you but at the same time is achievable.
- Be a little flexible with your plan. Little changes here and there are fine as long as you complete your task for the day.
- Review the plan before adopting it. Do a mock run to see if the plan fits your schedule and whether it is beneficial or not. Discover how long you need to study. Focus on your weaker areas more by devoting more time to them and studying them when you feel fresh.

GIVE ATTENTION TO SOLVED PAPERS, PREVIOUS YEARS' PAPERS, MOCK PAPERS, ETC.

This study pattern enables one to cover as many important parts of the syllabus as possible, in the shortest amount of time possible. To implement this method, first you must buy the various solved/unsolved exam papers from various publications. This has to be followed by solving those papers. Solving question papers will give you a clear idea of the type of questions that are asked in the examination. This method is very effective in picking out the 'most important' questions. Pay more attention towards such questions. But please don't think that doing so will guarantee you very good marks. This is just to ensure that you go through all the important topics! Once this is over, one should cover as much of the rest of the syllabus as possible!

STAY CALM

With the 10th and 12th standard board exams looming large over their heads, students tend to get a bit tense. Not only students, even teachers and parents fall prey to this. Don't let tension ruin your preparations. Instead, overcome it. Try meditation, yoga or some exercises. It will have a soothing effect on the mind and help one relax.

TIPS FOR PARENTS

Board exams are extremely stressful for any student. It is the same for the parents as well. What is essential is that you do not stress out on each other but help your child pull through the difficult situation with your help and support. To ensure that your child does well in the board exams, make sure that the stress does not get to him or her.

A parents' role during exams is crucial. As we all know, examination time is the most stressful time for the students who are going to appear for these exams. During this time period, students become careless towards their health. They avoid taking sound sleep, eat less and do plenty of other such self-harming activities. Sometimes these activities cause irreversible loss to their health. Parents play a very important role during

this time. Their role can act as a catalyst for increasing the performance of the child.

Here are a few things which parents of a child should do during examination time.

1. SPEAK MOTIVATING WORDS TO YOUR CHILD

Sentences like “This is not the end of the world just do your best”, “Everything is a once in a lifetime experience”, “Exams are just a game and you are smart enough to play well”, “Don’t worry about results just do your best”, these phrases reduces mental pressure of exams on students.

Such phrases also give emotional support to students. They feel more confident and focus more on exam preparation rather than thinking about the result.

2. AVOID PUTTING UNNECESSARY BURDEN ON YOUR CHILD

If your child is studying for 2 hours daily then during exams they can extend this time for 3 to 5 hours.

Mind and body of a person needs time to adapt themselves to such changes. When a student studies for 2 to 3 hours daily then neurons of the brain are set to work accordingly. Any sudden changes will not give good results.

Parents should understand that compelling them to study for 9 to 12 hours just before the exams will not help them.

3. SMALL REWARDS YIELD BETTER RESULTS

Treat and reward their hard work and efforts, this motivates them to perform better. The best part of this technique is parents do not need to compel them for study. They will study on their own when they see that they are being seen, heard and appreciated.

4. TRACK THEIR HEALTH AND EATING HABITS

During the last months of exam preparation, some students start skipping their daily meals, few students start consuming junk food and snacks. Nowadays, it has also been observed that some students consume medicines without any medical prescriptions. Such drugs may cause harmful effects on the mental and physical health of a student.

So, it is important that parents should take care of their child’s health. Parents should encourage their child to take light food and fruits instead of fast food or junk.

Different types of food have different effects in the mind of a person. Parents should ensure that their child is eating a balanced diet and not taking any unnecessary medication. Parents should also ensure that their child is taking proper rest or sleep.

5. MAINTAIN STUDY FRIENDLY ENVIRONMENT

Parents should avoid watching TV, playing loud music or doing any other such activity which may distract their child’s attention from studies. Parents should avoid inviting guests and relatives during examination time as this may also distract their child’s attention. Parents must create the perfect study environment for their child free from all sorts of disturbance and distraction.

To sum up

Exam time is the most stressful time in a student’s life especially for those who are appearing for the first time in board exams. But this time period can be the most enjoyable and memorable time if a child gets 360 degree support from his or her parents.

Parental support in the examination is important and plays an important role in overall performance of their child. In order to achieve better results parents can follow these tips before exams.

**CBSE
Sample papers
for Board 2020
Released on 19 Sep.**

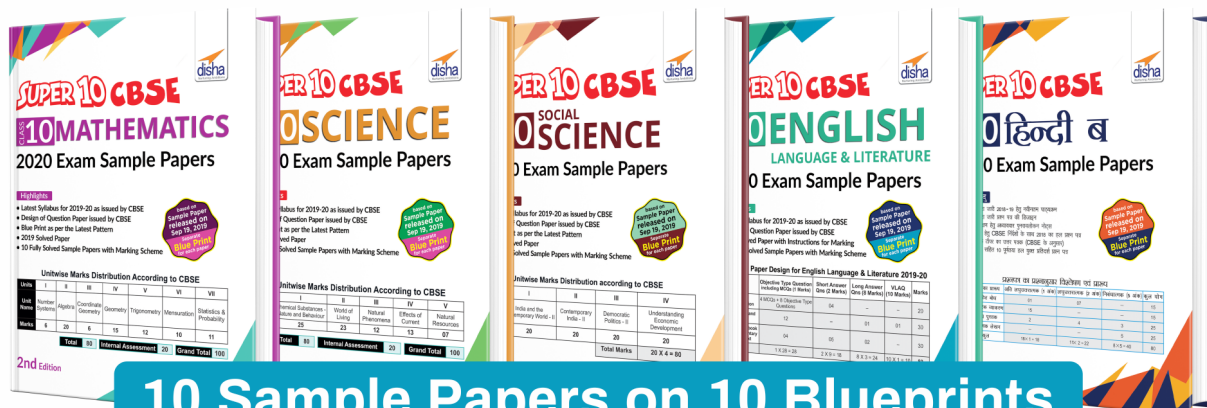
Do you know that CBSE has changed the pattern of Board Exams Class 10?

Most of the Sample Papers in the market have not updated their Books with the latest changes made by CBSE in its latest Sample Paper released

Check these LATEST CHANGES before buying your Next Book

- **Mathematics** : Questions increased from 30 to 40; In Section A, Questions increased from 6 to 20 - 10 MCQs, 5 Fillers & 5 very Short. In Section C, Questions reduced from 10 to 8 & in Section D Questions reduced from 8 to 6.
- **Science** : Questions increased from 27 to 30. Sections A to E reduced to A to C; In Section A - 8 MCQs (3 internal choices), 2 Assertion - Reason; 2 VSA: 1 Passage based (4 sub-parts) & 1 Case based (4 sub-parts) & 2 VSA One word questions. Section B has 10 Questions of 3 marks & C has 6 Questions of 5 marks.
- **Social Science** : Questions increased from 26 to 35. In Section A - 20 Questions : 5 MCQs, 1 Assertion - Reason, 2 Diagram based Questions, 1 Sequential arrangement, 1 Passage based analysis, 3 FIBs (2 internal choices), 1 Matching, 1 Rewrite with internal choice, 1 Tabulation based analysis & 4 One word answers. In Section B - 3 marks Questions reduced from 11 to 8; 1 new Question containing 3 Passage based Questions (One passage One Question) of 1 mark each; In Section C, Questions reduced from 7 to 6 - again 1 passage based Question of 5 marks. In Section D map work distribution changed to History - 2 marks & Geography - 4 marks.
- **Hindi** : Questions reduced from 17 to 16; Section A reduced from 15 to 10 marks - अपठित पद्यांश removed (2 अंक के 3 प्रश्न हटाए गए) - only अपठित गद्यांश; मुहावरो की संख्या 2 से बढ़ाकर 4 कर दी गई है। Section D में अनुच्छेद लेखन 6 अंक का कर दिया गया है।
- **English** : In Section A, 8 VSA Questions of Passage 1 replaced by 5 MCQs, 1 True -False & 2 Fillers. In Section C, 'any 4' SA Questions replaced by 'any 5'; 1 LA Questions from First Flight or Foot Prints without Feet replaced by 2 LA Questions - 1 from each book.
[Note : Extended Reading Book dropped from syllabus]

Available for Mathematics, Science, Social Science, Hindi & English



10 Sample Papers on 10 Blueprints

TOPPER BYTES

1. Stayed away from social media': CBSE Class X topper from Noida dishes out recipe for success At a time when most of the students in his age group are glued to social media platforms, Siddhant Penogriya managed to find a perfect equilibrium between his studies and recreational activities on his journey to becoming one of the toppers of CBSE Class X examination.

Siddhant, who studies at Lotus Valley International School, Noida, is one of the 13 students who topped the CBSE Class X examination, for which results were declared on Monday, by scoring 499 out of 500 marks (100 in Mathematics, Science, History, French and 99 in English).

Dishing out his recipe for success, the 16-year-old said: "A consistent preparation has helped me achieve this feat. I did not keep anything for the last. I made sure that I clocked six to seven hours for my studies on a regular basis while dedicating two hours for my recreational activities like playing games, reading, listening to music, watching movies."

However, he pointed out that staying away from social media paid him rich dividends towards the end. Unlike others in his age group, Siddhant does not have any social media profile.

"I am very much social without social media," the topper said, adding that social media platforms like Facebook, Twitter affect studies considerably.

2. CBSE Class 10 Topper Prakhar Mittal

Hi , I am Prakhar Mittal and today I am going to share my success story with you all.

I am really overwhelmed with the results, I can't explain in words how I feel about my result and success but I didn't expect to top the board examination. I thought I would be able to score up to 90% only."

I used to study consistently throughout the year according to a well-planned study schedule for exams so that exams didn't feel like a burden to me."

My parents didn't pressurize me to study. They supported me a lot during the entire preparation and exam phase. They were really supportive that they didn't even stop me from pursuing extracurricular activities during exams to relieve stress.

I would like to opt. for Science stream as I wish to study Engineering after completing my 12th.

"You don't have to spend 8-10 hours on studies just be regular and focus on the subjects you feel are difficult", said Prakhar Mittal.

3. A day after a court in Jamnagar topped the state, making it to the top 13 in the list of students who scored 499 in Class 10 CBSE exams. It was a moment of pride for Aryan Jha, a student of Nand Vidya Niketan school in Jamnagar after he was featured in the list of toppers released by the Central Board of Secondary Education (CBSE).

Ashok Jha, father of Aryan Jha said, "I never imagined my son would top the boards. He studied on his own. While I would like him to join civil services, he wants to study medicine." His mother Dina Jha attributes his achievement to the hardwork and dedication he put in. "My son slept for a good 10 hours, watched television and went out to play. He did not go to tuitions. He studied for just four hours but with complete concentration. He would not get up even for food."

4. Bhavana N Sivadas from Kerala emerged as the All India topper in CBSE Class 10th Exams scoring 499 marks out of 500. As many as 13 students have scored 499 marks in the CBSE Class 10th exams.

This is an excerpt from one of the interviews of her:

I am extremely happy as I really didn't expect this at all. When I saw my result, I could not believe it!

My entire family was with me – my dad, my mom, and both my paternal and maternal grandparents. We were all at home together, when my dad called me from his clinic (he is a doctor) and informed me that the results

were expected to be out soon. So, I asked him to come home soon and only after he came, we all sat together and checked my results online. I could not believe that I scored those marks.

I kept pestering my parents to check again and again, and make sure that the results were really mine. Then I called the school to double check, and they too confirmed that I was indeed the topper. That's when the news really sunk in. And to tell you the truth, I was shocked and actually started crying as I just could not believe it. I really didn't expect this. It is too good to be true! I am truly grateful to my family and teachers, who supported me through everything. I am glad I had my entire family with me to celebrate this news together.

My entire family, my school teachers, my tuition class teachers – have all played an integral part in my life and academics. Together they have helped me achieve this. So, I would like to thank each one of them for this little success of mine.

My parents have been immensely supportive. They have been with me through everything. They gave me the much-needed confidence that I needed to tackle my class 10 exams. Whatever I needed for my studies or exam preparation, was given to me by them.

Even when I didn't do well in some of my class exams, they never scolded or pressurised me. Instead, they were very supportive and always motivated me to give my best. They would comfort me saying that there is always a next time and you can try to do better. That kept me going. I can't imagine this achievement without the support of my parents. They are the prime reason for my performance. I wanted to really make them happy and I am thrilled that I made it happen!

I was really getting tensed about the exams when the dates were approaching. I would sweat a lot thinking about it. I was really worried. But my parents got me through it and they told me to calm down. Seriously, their support really helped me through Class 10. But, made time for both studies and fun. It was not like I was always with my books and studying. I kept time for other things that I enjoy. Reading books and listening to music are my favourite hobbies. Yes, I love music and I have been learning to sing. I go out for movies and spend time with my friends. I give equal importance to everything in my life.

Tip to future toppers

I would like to tell them to be confident in whatever you do. Work hard and give considerable time for everything that you love to do.

With regards to preparing for exams, I had reached out to my elder cousins and seniors. They gave me the earlier years' question papers which helped me immensely. It gave me a broad idea of the kind of questions I could expect. My teachers were also very helpful and gave us plenty of sample question papers to work on. So, solving these CBSE sample papers and practice worksheets, helps a lot before the exams. So, I would recommend students to definitely practise solving previous years' papers.

I would also like to tell the students that family, friends and teachers are the main reason for your success. So be grateful to them!

5. Last year, Sreelakshmi G from Cochin was the CBSE Class 10 topper with 99.8 percent. Sreelakshmi is from Bhavans Varuna Vidyalaya, Ernakulam district.

In an interview CBSE Class 10 topper Sreelakshmi G said, "Right now I am at cloud nine and want to thank everyone who supported me throughout the year."


"I knew already that I will score well in the Class 10 board exam but never thought to become CBSE Class 10 topper. I want to thank my parents and teachers who have supported me during my studies."

This is how I prepared for CBSE Class 10 exams:

"One needs to study from Day 1. Never rely on tomorrow and study every day. This was my main motto and this is how I motivated myself throughout the year. My school teachers were very helpful as they taught me everything with patience. I gave regular mock tests during the last days of my board exams and followed a

proper timetable, even on days when I didn't feel like studying, I focused on the big picture and kept myself motivated by regularly rewarding myself when I completed a given task" the topper said. Talking about the stream she wants to go for

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FREQUENTLY ASKED QUESTIONS

1. What is the age group of students who can appear for CBSE board exams class10?

A. As per CBSE guidelines the lower age should not be less than 14 as on 31st December of the year in which the student is attending exam.

2. Can shortage of attendance be a criterion for detaining students from examination?

A. The Central Board of Secondary Education (CBSE) has announced new rules for students appearing for board examinations. The CBSE has said that a student who has at least 75 per cent attendance as on January 1 will be eligible for appearing in Class 10 and Class 12 examination.

If any student has less than 75 percent attendance will not be allowed to appear for the examination.

However, there are certain cases where a student with less than 75 percent of attendance can sit for their CBSE board exams.

3. Are all candidates eligible for improving their performance post qualifying class10?

A. Yes, all the candidates are eligible for giving improvement exams.

4. How do I overcome stress related to boards?

A. Try the following tips:

1. Believe in yourself
2. Stay calm
3. Think logically and act purposefully- don't waste your time.
4. Prepare yourself through practice.
5. Take care of your health and diet.
6. Meditate and indulge in relaxation activities from time to time.
7. Don't pressurize yourself to do more than your body allows.
8. Talk to your loved ones.

5. How do I deal with my family's disappointment if my results are not good?

A. Do not panic and do not get disheartened. Be open and honest with them. Talk about what you feel about the result and why you think things didn't go as planned. Reassure them of your concern and efforts. They are your parents, and it is natural that they worry about you. You just need to reassure them. It's also important that you don't stress about how you are going to fare even before the results are out. Check your results on authority websites and then make a decision about how you are going to move ahead.

6. What are the options available for me, in case I do not perform well in my CBSE exams?

A. Getting good marks is a great thing, but it is definitely not the only thing in a student's life. There are plenty of options available for you, in case you do not get good marks in your CBSE board exams. You can turn your hobby into your career, pursue a course in mass communication, join a course in animation and do umpteen other things related to your interest.

7. How long should I spend on each section for maths in board exams?

A. 10–15 mins per question would be sufficient, however an additional time of 5 mins can be required if you're attempting ogives or graphs.

8. How can I help my child to prepare for CBSE Boards class10?

A. You can try using the following techniques:

1. Help them manage their time.
2. Use kind words.
3. Be there for them.
4. Discuss their exam strategy
5. Remove distractions.

9. Why should I choose Disha Publication to prepare for class 10 board examination?

A. Looking to outshine your peers and get your chosen subjects? Disha Publication has everything to help you in your endeavours.

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How to relax and reduce anxiety?

Remember that a certain amount of anxiety enables you to become more alert and attentive towards your work. An optimum level of arousal is the key to success. But the moment the anxiety level becomes higher and it starts to hamper your working ability, it is time to take immediate corrective measures.

You can relax on a chair, a bed or stretched out on a comfortable spot. To relax, focus on your breathing and close your eyes to listen to the sound of your breathing in the air as it flows in and out. You will feel at peace.

Other methods:

1. Self assertion: Do a realistic review of the situation and decide on a course of action and carry it out. Take charge of your life.
2. Sleep habits: loss of sleep over a long period of time can create stress and affect your thinking ability.
3. Consultation: Help yourself by seeking consultation from peers, instructors or professional counsellors. Talk to your friends for support and encouragement.

10. What is the right time to study?

- A. Research shows that your mental output is higher in the morning than in the evening or at night. Your mind will be fresh after a good 8 hours sleep and will function better. So the morning hours are the most valuable and best time for serious work.

11. What is the amount of notes that I should make for my self study sessions?

- A. The amount of notes that you make depends on the following factors:
1. The content of the lecture: If the lecture deals with solid facts, laws and principles, it may necessitate a great quantity of notes.
 2. Familiarity with the topic: The less familiar you are with a topic the more detailed notes you require.
 3. If you are familiar with the topic, just an outline of the lecture will do.
 4. Source of information: If no source of information in a textbook or elsewhere then complete notes will have to be taken down.

12. How much should I sleep?

- A. The time a person requires to sleep varies. Sleeping between 4 to 10 hours is normal. Most people sleep between 6-8 hours a day which is the appropriate amount of time.. Too less or too much sleep hampers your productivity. If you sleep well, you will feel energised on waking up and ready for a new day.

13. Is coaching necessary?

- A. For success in any type of exam, 80 % of the contribution is from the student's efforts, 10% is from the strategy of how to derive the most from the knowledge the student has and 10% is from guidance. Here, the important thing to note is that even though strategy and guidance contribute only 20% but are very important because it is this 20% which decides and defines how the balance 80% of time and energy is going to be used. In absence of proper guidance to a student at home or at school, coaching is advisable.

13. What if my future is ruined lest I fail to gain enough marks in the examination?

- A. Examinations are an important way in which professional colleges select students. Success in them does

open doors to many jobs and careers. Lack of success will mean certain jobs and careers aren't immediately open to you, at least at the level of entry that you originally intended. Some may be closed altogether.

However, happiness, wealth, peace of mind, rich experience of life, meaningful status in the eyes of others, a worthwhile career, a useful job and an inner sense of purpose and self belief as a human being, do not depend on examination results.

14. How should I study?

A. Most students experience "starting trouble" with their studies. Sitting down to do concentrated work requires determination. If you have re-organized your life for study, set aside hours for it, and if you still cannot get down to study, find out where the problem lies.

1. Does it lie in the work itself ?
 - a) Do you find the subject difficult ?
 - b) Are you afraid of failure ?
 - c) Do you lack the necessary books & course materials ?
2. Do you think of other activities ?
3. Is something distracting you ?

If your problem centers around any of the above , it can be easily dealt with. If you find the subject difficult it could be due to lack of fundamental knowledge of the subject. Look for books which start with the fundamentals of the subject and start reading them. This should give you a better grasp of the subject. The time spent in going through the basics is worth it, very soon you will find that the present material makes more sense and that you are able to concentrate better. The fear of failure will be automatically removed.

If you have other tasks in your mind, deal with that which needs immediate attention. The not -so- important tasks can wait for the next day. Make a reminder note and keep it aside. This will set your mind at ease.

Make sure that your study area is free from any distraction and noise, with books and materials before you and your mind relaxed, you should now have no difficulty in starting your studies. If you still have things distracting you, try to start your studies in the morning hours. In morning your mind is fresh and very receptive. There is little opportunity to become pre-occupied with something else or get distracted. If you cannot study in the morning, the next best period is the evening. It is quite possible that you will be tired after the day's activities to study. Give yourself an hour for relaxing in the evening. You can relax while traveling home, eating a meal or taking a walk. Forget about the day's happenings and start planning your evening's study. Think of this time as an opportunity to realize your goals and fulfill your desires.

15. Should I study for a longer period of time or take breaks during study time?

A. As discussed earlier a planned break during a study period increases the effectiveness of further studies. A break after every 45-60 minutes is optimum and each break could be of the order of about 5 to 10 minutes. Further, a break should be a complete rest otherwise too many competing or interfering associations will be formed and they will confuse the memory track laid down in the study period. In the break, one may:

- Get up.
- Stretch.
- Have brisk walk in the room
- Get something to eat or drink (preferably a glass of water)
- Do some light exercise like stretching hands
- Then go back to study.

So do not study for more than one hour continuously without a break. Break for 5-10 minutes after every hour. You must remember two important aspects of a break:

1. you must relax
2. you must continue study after about 5-10 minutes. Remember there is a possibility of wasting time if you start talking with some one or if you lie down to relax: you may continue talking for long time or you may fall asleep.

16. Should I study one subject a day or many subjects?

A. Imagine you are going to appear for an exam after five days and you have four subjects (of equal length) to study. In order to revise your syllabus you can adopt any of the following methods

Method I: Studying and completing one subject a day for four days and making a final revision on the fifth day of all the subjects.

Method II: Every day studying a combination of subjects like two hours Chemistry, then next two hours Physics, etc.

Let us analyze and understand how the brain works to find out which method is better

The Analysis: When we study a particular subject, say Physics, a particular part of the brain is working more than the rest of the brain. When we shift to say Inorganic Chemistry, practically the other part of brain would become active and the part studying Physics will go for rest. So by changing the subject after periodic intervals, we give a chance to refresh a particular part of the brain and also prevent ourselves from feeling tired.

If we study a particular subject throughout the day, we stress a particular part of the brain, more which is inefficient and undesirable.

By engaging a different intelligence each time on a different subject, your brain actually consolidates and reviews the previous session in the “background” while it focuses a different part on the new task. You will learn more, faster, with a lot less pain and boredom than by spending three hours on the same subject.

So, study a combination of subjects, i.e., after studying 2-3 hours of Physics shift to Chemistry for two hours. By doing this the efficiency of your study increases.

17. What should I do In the Last few days before the exam?

- A.
- Avoid any activity which may cause anxiety. Focus on whatever you have studied.
 - Under no circumstance should you solve problems in the last few days. This may have a damaging influence on your confidence and ability to solve questions and problems during the examination.
 - Stop discussion or review of the subject atleast 1 to 2 days before commencement of the examination. Many students insist on cramming till the last minute. This is absolutely unnecessary and leads to additional tension and problems. Relax the day before the examination. Do what you like the best or do what makes you happy or motivates you.
 - Focus your attention on the main points of revision . Time is very limited and how you spend it, is important . This is not the time for learning minute details or a new topic. Write down the main points as you go through your notes. This will fix the ideas in your mind.
 - When with friends, try not to talk excessively about how nervous you are, how you are going to perform and what the final results might be. This will only succeed in making you more nervous and will take your attention off your preparation.
 - Be confident. But do not be over confident - this will cause you to become complacent and overlook important stuff during the revision process. Avoid discouraging yourself. Be optimistic and positive.
 - Get enough rest and recreation

18. How to attempt a Subjective Paper?

A. Objective Test is like one day cricket whereas Subjective Test is like a Test Match. For you to score century in test match you should have patience, clear approach & mind & absolute clarity of fundamentals. So, subjective exam demands on entirely different approach.

While attempting a subjective paper a student is advised to follow following steps:

Settle and compose yourself

- Lay out your equipment, at least two pens, ruler, pencil and other permitted equipment.

Read right through the paper (5 minutes)

- Check instructions very carefully.
- Underline key words in questions. (see below)
- Choose your best questions, using a symbol system (see below)
- Analyse the question very carefully, For e.g try to find out whether it is a 'What' or 'How' type question or a 'Why' type.

Plan your time

- Divide time according to marks per question.
- Write down finishing time for each question.
- If possible, plan in 10 minutes checking time at end.

Plan your answers

- Brief notes on main ideas and important details. (see below)
- Convert questions into diagram (see below).
- Outline all answers at beginning (if doubtful of remembering); or one at a time or a few answers together.
- Leave space after each question.
- Ignore other candidates' writing speed and spare paper collecting – it is irrelevant to your performance.

Prioritise

- Answer your best question first.
- Try to stick to the time allowed for each question: marks for two half-questions are worth more than one.
- Stick to what the questions are asking. (Read underlining Keywords below)

At the end of the exam

- If you are short of time, avoid calculations (see below)
- If there is time left, check your answers.
- Minimise your post-mortems.

Underlining key words in questions

Answering an exam question correctly depends upon understanding it clearly in the first place. An important technique is to underline, after careful consideration, the most important words, phrases or data in the question. This technique has several advantages:

- It ensures you read the question properly and note exactly what it is asking. It is very easy in your anxiety to misread a question and get started.
- It draws your attention to the approach that examiners want you to take, ie the type of question it is.
- It provides you with the key words to start a brief outline answer plan.

Remember that simply worded questions are not always the easiest to attempt. Sometimes questions which require careful reading can be easier for you to answer once you have clearly understood them.

Question Paper Design Issued by CBSE (2019-2020)

Time: 3 Hours

Max. Marks: 80

S. No	Typology of Questions	Objective Type * (01 mark)	SA (03 marks)	LA (05 marks)	Total
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.	07	02	01	22.5
2	Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	04	02	02	25
3	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	04	01	02	21.25
4	Analyzing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria.	05	02	01	20
5	Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	-	03	-	11.25
	Total	20 (20)	10 (30)	06 (30)	100

1. All questions would be compulsory. However, an internal choice of approximately 33% would be provided.
2. Internal Assessment: 20 Marks
 - ñ Periodic Assessment – 05 marks + 05 marks
 - ñ Subject Enrichment (Practical Work) – 05 marks
 - ñ Portfolio – 05 marks

Note: Objective Section would have 10 MCQ. Besides this, the section would include VS, Assertion-Reasoning type questions etc.

BLUE PRINT AS PER THE LATEST PATTERN (2019-2020)

S.No.	Units	VSA 1 Mark	S.A-II 3 Marks	L.A. 5 Marks	TOTAL MARKS
1	Chemical Reactions and Equations	4(4)			4
2	acids, Bases and Salts		6(2)		6
3	Metals and Non-metals		3(1)	5(1)	8
4	Carbon and Its Compounds			5(1)	5
5	Periodic Classification of Elements				
6	Life Processes	2(2)	3(1)		5
7	Control and Coordination	2(2)	3(1)	5(1)	10
8	How Do Organisms Reproduce	1(1)	3(1)		4
9	Heredity and Evolution	1(1)			1
10	Light-Reflection and Refraction	8(8)	3(1)	5(1)	16
11	The Human Eye and The Colourful World				
12	Electricity	1(1)	6(2)		7
13	Magnetic Effects of Electric Current			5(1)	5
14	Sources of Energy				
15	Our Environment	1(1)		5(1)	6
16	Management of Natural Resources		3(1)		3
	Total questions	20(20)	30(10)	30(6)	80(36)

NOTE: The number given inside the bracket denotes the number of questions in that particular chapter, while the number given outside the bracket are the total marks of the particular questions type.

Question Paper Design Issued by CBSE (2019-2020)

Time: 3 Hours

Max. Marks: 80

S. No	Typology of Questions	Very Short Answer-Objective type (VSA) (1 Mark)	Short Answer-I (SA) (2 Marks)	Short Answer-II (SA) (3 Marks)	Long Answer (LA) (4 Marks)	Total Marks	% Weightage (approx.)
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.	6	2	2	1	20	25
2	Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	6	1	1	3	23	29
3	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	5	2	2	1	19	24
4	Analyzing: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Evaluating: Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions	3	1	3	1	18	22
	Total	20×1=20	6×2=12	8×3=24	6×4=24	80	100

INTERNAL ASSESSMENT	20 MARKS
Pen Paper Test and Multiple Assessment (5+5)	10 Marks
Portfolio	05 Marks
Lab Practical (Lab activities to be done from the prescribed books)	05 Marks

BLUE PRINT AS PER THE LATEST PATTERN (2019-2020)

Ch. No.	Chapter Name	VSA (1 mark)	SA-I (2 marks)	SA-II (3 marks)	LA (4 marks)	"Total Marks"
1	Real Numbers	4(4)	2(1)			6
2	Polynomials	1(1)				1
3	Pair of Linear Equations in Two Variables	1(1)	2(1)			3
4	Quadratic Equations	3(3)		3(1)	4(1)	10
5	Arithmetic Progressions	4(4)	2(1)			6
6	Triangles	1(1)		3(1)	4(1)	8
7	Coordinate Geometry	1(1)	2(1)	3(1)		6
8	Introduction to Trigonometry	4(4)		3(1)		7
9	Some Applications of Trigonometry	1(1)			4(1)	5
10	Circles			3(1)		3
11	Constructions				4(1)	4
12	Areas Related to Circles			3(1)		3
13	Surface Areas and Volumes			3(1)	4(1)	7
14	Statistics			3(1)	4(1)	7
15	Probability		4(2)			4
Total Questions		20(20)	12(6)	24(8)	24(6)	80(40)

NOTE : The number given inside the bracket denotes the number of questions in that particular chapter, while the number given outside the bracket are the total marks of the particular questions type.

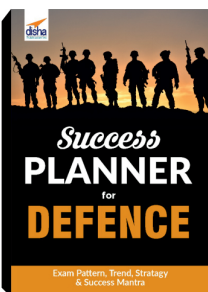
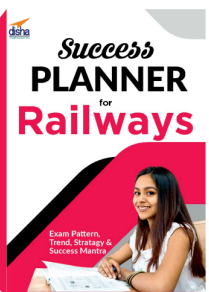
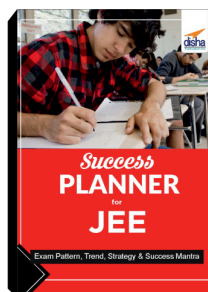
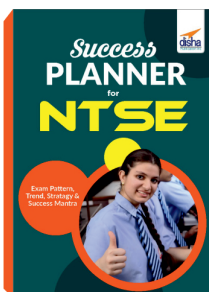
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