



PEAK PERFORMANCE: SMART STRATEGIES FOR EXAM SUCCESS AND WELLBEING

Grade: 10 and 12

**Tuesday,
15 April 2025**

INTENT:

The session aimed to equip students with effective tools and techniques to maximize performance while maintaining balance and mental health during the exam period.

EXPERIENCE:

The workshop was interactive and engaging, encouraging students to reflect on their current study habits and identify areas for improvement. Practical examples, real-life scenarios and relaxation exercises allowed students to actively participate and internalize the strategies discussed.

INSIGHT:

Students gained valuable insight into how small, consistent actions could lead to substantial academic achievements. They also understood that wellbeing and exam success are interconnected, and that managing stress is as important as mastering content. By emphasizing self-awareness, discipline and self-care, the session empowered students to take control of their academic journeys with confidence and resilience. Events like these reaffirm the school's commitment to holistic student development, ensuring they are not only academically prepared but also emotionally strong.

CREDENCE HIGH SCHOOL, DUBAI

