

# **ENGTIN NGE ZIRLAI TEN EXAM THA TAKA AN HMACHHAWN ANG?**



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*Engtin nge zirlai ten exam tha taka an hmachhawn ang?*



**T**unlai kan zirna kalphungah hian zirlaite tan exam hi pumpelth theih a ni lo. Zirlaite theihna leh thiamna tehna atan exam hi hman a nih miau avangin naupangte hian an hmachhawn fo a ngai a ni. Chutiang a nih avang chuan exam hi zirlaite tan an hlawhtlin leh hlawhchhamna hriltu pawimawh tak a ni. Naupang fing leh thiam thei a ni emaw, ni lo emaw, an zir tha emaw, tha lo emaw pawl sang zel an chhonzawm theihna atan, exam chi hrang hrang an hmachhawn a ngai a ni. Chuvang chuan, exam-naa tha taka tih hi a pawimawh em em a ni.

### **Exam-naa hlawhtlina hi hengah te hian a inngat a ni**

- Zirnaah phurna a nei tur a ni.
- Zirlaia hlawhtlinna tumna nghet tak a nei tur a ni.
- Hun hman thiam.
- A zirlaite zirna hun leh zir dan tur fel taka duan sa a nei tur a ni.
- Exam tura inbuatsaih/hmachhawn chungchanga stress a neihte thiam taka hmachhawn a thiam tur



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a ni.

- A exam hmachhawn tur bik zulzuiin a inbuatsaih thaim tur a ni.
- Exam hmachhawn dan ṭha thil hrang hrangte a zawm tur a ni.

### **Exam-a hlawhchhamna thlen thei thil ṭhenkhatte**

- Zir tura phurna tlakchham.
- Zirnaa hlawhtlin tum tak takna neih loh vang.
- Zirna hun ruat bik neih loh vang leh zir dan tur duan lawk ruahmanna fel fai tak neih loh vang.
- Zirlai hriat chian/fiah tawk loh vang.
- Zirlai chhiar tlem avanga zirlai hriat chian/fiah tawk loh vang.
- Exam tura inbuatsaihna ṭha tawk neih loh vang leh chawpchilh taka inbuatsaih.
- Hlawhchham hlauh lutuk vangte.
- Hlauhthawna leh rilru hah nasat lutuk avangin.
- Ziak chhiar harsat lutuk vang leh thaichhiat leh ziah ṭhat tam vangte.
- Mark put mila zawhna chhan thiam loh.
- Zawhna ina a zawh loh ziah/chhan ṭeuh.



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- Darkar 3 exam turah zawhna thenkhat thui taka chhan laia zawhna thenkhat chhan hman leh si loh.

### **Exam tha taka hmachhawn thei tura kaihhruaina**

- Kum tluanna inbuatsaih
- Exam dawna rilru hahna a tlem theih nan inbuatsaihna hun thawl tha neih.
- Exam inbuatsaihna hi school luh tan tirh ni atanga tan nghal tur.
- Class regular taka kal a, zirlaite ngun taka ngaihthlak.
- Zirtirtu ten an zirtir laiin, a pawimawh laite taima takin a lo ziak thla ang.
- Class-a ziah thlak te chu in lamah textbook nen ennawn leh tur a ni. Chutianga kan tih chuan kan zirlaite kan hre fiah dawn a ni.
- An zirlai an chhiarte an hrethiam ngei tur a ni, by heart liam ringawt lovin.
- Naupangten an zirlaite awlsam taka an hriatthiam theih nan note siam.
- Class pawn lamah an zirlaite an thiante nen sawi hona neih.
- An hriatthiam loh te zirtirtute emaw an thiante nena sawi fiah.



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- Topic/chapter-a harsatna an neih te chingfel turin zirtirtute emaw, nu leh pa emaw tanpuina lak.
- An zir dan kalhmang te an lo hriat tawh sa te mila her rem.
- An note te ennawn thin.
- An subject thiam loh te zirna hun pek tam bik e.g., Mathematics, English.
- Zawhna hlui zulzuia subject tin atanga zir tur bik thlan chhuah loh.

**Exam hma thla khat**

- Lehkha zir dan tur fel taka duan.
- Subject tui zawng leh tui loh zawngte ni khata zir rual theih tura duan.
- Subject tin atanga model question pahnih tal chhan.
- Mut hun, hahchawlh hun leh T.V en hun insiam.
- Hahdam taka exam hmachhawn theih nan meditation leh mahni infuihna nitin neih.
- An inpuahchahnaa hma an sawn theih nan nu leh pa emaw, unaute emaw, thiante nena sawi hona neih thin.
- Exam hma hun tlemte chhunga tih loh tur te



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- Thiante hnena atanga note leh material te khawm a, ennawna hun awm tawh loh hnua chhiar kual duah.
- Hun tep ter tawh lutuka thil thar zir tum.
- Thil chhiar a rei tak thut. Inbualna hun emaw, thil eina hun emaw, mut hahchawlhna hun emaw in siam loh. Hei hian taksa tichauvin, rilru a tinguai a, an zirlaite rilruah pe thei lovin, an ning ngawih ngawih thin a ni.
- Rei tak tak zan men a, hun tlemte awm chauhva lehkha zir tan.
- Mut chhuah loh nana coffee, thingpui leh meizial te a lutuk a tih.
- Thiam thei lo leh thiam sa theihnghilh vek anga inhriat avanga zir peih tawh loh.
- Exam-naa lo chhuak tur zawhna hriat lawk tum a hun khawh ral.
- Exam-naa chhuak tura rin vanga thil tam tak lehkha them a ziah thlak duah.

### **Exam laia tih tur te**

- Exam hma zana kham taka mut.
- Zing chaw puar lutuk lo, a tawk chauhva ei.
- Exam-na hmun thleng hma tura chhuah hma.



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- Exam-naa mamawh te – pen, pencil, geometry box, hall ticket etc. a kim leh kim loh en fel.
- Exam hall luh hmaa zun ram thiar.
- Thawk lak a, mahni infuih leh tawngtai. Hunbi siam rem leh chhanna duan. Zawhna pakhat te te chhan nana hunbi tuk. Zirlaite hian zawhna pakhat chhan nan hun rei tak an hmanng thin a, chuang chuan zawhna dang chhan nan hunin a daih thin lo a ni.
- Duhthlan tur a awm chuan thiam chian/bel ber at anga chhan tan tur.
- Chhanna hriat chian loh chuan hun rei tak a chhanna tur ngaihtuah loh tur. Chutiang zela chhangin, thiam emaw, hriat chian emaw ni lo chu a tawp atan khek tur.
- Chhiar theih a ziah tur, ziah sual palh a awm chuan ziah hnan lovin thai chhiat mai tur.
- A pawimawh lai thai lan tur – underline, hawrawp pui, adt., hmangin.
- Chhanna lan thui/tamtir tum luata pawimawh lo leh awmze nei lo ziah duah loh tur. A chhanna Chiang taka ziah mai tur.
- Ang khat vekin a pawimawhna hmuh thiam tur entir nan – formula (Maths leh Science), lem ziah





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(Science), map a thil chhianchhiah (Geography), leh graph (Maths leh Physics) siam leh ziahah te.

- Hun tawp hma minute sawm la awmin zawh tum tur. Hei hian zirlaiten an chhanna ennawn hun atan a pui a ni.
- Exam zawh hnuah an thiante nen zawhna leh chhanna sawi ho hi an ching em em a, hei hian zirlaiteah hlauhthawwna leh manganna a siam a, chu chuan an exam lehna tur a tibuai thei a ni. Exam vawi khat hmachhawn zawh chuan a dawt leh tura rilru sawrbing a tha zawk a. Exam zawh vek hnuah thlir let leh sawi hona chu neih chauh tur a ni.

### **Anxiety leh Exam**

Zirlaiten exam an hmachhawn dawn leh a rah chhuah tur an ngaihtuah hian an mahniah hlauhthawwna a siam thih a. Hlauhthawwna hi thibaiawm a ni hran lo va, amaherawhchu eng vang nge an hlauhthawn a, engtiangin nge an hmachhawn ang tih an hriat loh hian harsatna a thlen thei a ni. Chung harsatna chuan exam atan inbuatsaih tha siin exam tihchhiat a hring a. A nasat chuan mahni intihhlum tum leh tlanbo te thlengin a thlen thei a ni. Exam hmachhawn dawna chi-aina/phawklekna awm thei te chu:

- Lehkha zirlai a rilru pek theih loh leh hriat reng theih loh.



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- Muthilh theih loh emaw, rei tak mut hnu pawha har vak lohna emaw.
- Thinrim ðun reng, rilru pang khing hu, mangang leh rilru hahdam lo.
- Pum nuam lo.
- Thil ei tui lo emaw thil ei chiam.
- Luak chhuakna.
- Pumna.
- Ek chhuak reng/inthiar ngai reng.
- Zun chhuak anga awm reng.
- Khawsak sang vak lo.

**Anxiety awm chhan te**

- Exam tur atana inbuatsaih ðha tawk lo.
- Nu leh pa, zirtirtu leh mahni ngeiin ti ðha tura beiseina avangin.
- Zirlai te zingah mark hmuh san ngawr ngawr tum a inelna thianghlim lo awm ðhin hian, zirlaite nun leh thil tihah nasa takin a ðha lo zawngin a nghawng a ni, a chhan chu mark hmuhsan ringawt hi zirlaite nun pumpui teh nana hman tlak a nih loh avangin.
- In thikna avangin.



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- Exam hmachhawn tawha tih that tawk loh avangin, entir nan, ‘Nikumah ka fail tawh a, tunah pawh ka fail leh tho ang’.
- Hunpui, mikhual, huau huau leh heng ang chi avanga rilru la peng thei te avangin.
- Hlauhthawng hma chi nih hrim hrim avangin.

