



केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

Central Board of Open Schooling and Examination

“Functioning as per the national framework for open schooling and vocational education,
in compliance with the principles of the National Education Policy (NEP),
Government of India.”

Website: www.cbose.com

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Date: - 19 March 2023

To

The Principal / Head of Institutions,
All Study Centres affiliated to CBOSE
(Through CBOSE Website)

SUBJECT: NATIONAL COUNSELLING WEEK FOR EXAM READINESS

Madam/Sir,

The Central Board of Open Schooling & Examination (CBOSE) conducted one of its most impactful student-support initiatives of the year through the *National Counselling Week for Exam Readiness 2023*. This six-day nationwide programme was designed specifically for open schooling learners preparing for the June 2023 examination session. Unlike conventional school students who receive regular in-school guidance, open learners often study independently, manage personal responsibilities, work schedules, and in many cases cope without formal academic supervision. Understanding these unique challenges, CBOSE organized this counselling week to provide structured emotional, academic, and motivational support to every learner registered under the board.

The event commenced with a national opening address by the Academic Counselling Division of CBOSE. The opening session outlined the purpose of the programme: to bring students from different states, backgrounds, and learning conditions onto a unified digital platform where they could receive expert guidance tailored to their learning patterns. The speakers emphasized that open schooling is not a second chance system but a parallel and highly flexible educational pathway meant to empower students who need a more personalized learning environment. They spoke about how exam readiness is not only about studying the syllabus but also about building confidence, managing stress, using learning strategies effectively, and understanding how examinations are conducted within the open schooling framework.

Each day of the counselling week was dedicated to a different theme relevant to the needs of open learners. The academic experts of CBOSE discussed how students could create realistic study timetables that match their lifestyle and commitments. Since many open learners include working youth, mothers resuming education, rural students without coaching facilities, and candidates preparing for government jobs, the guidance emphasized

developing achievable daily routines rather than rigid schedules that are difficult to follow. The counsellors explained the importance of prioritizing subjects, distributing study hours sensibly, and organizing self-learning materials chapter-wise to avoid confusion close to examinations.

A special session was conducted on understanding the CBOSE examination pattern. Many open learners, especially first-time candidates, are unsure of how theory papers, practical requirements, assignment submissions, and question paper structures work. Subject experts clearly explained the nature of questions, time management within the exam hall, answer writing methods, and common mistakes that students should avoid. This session proved particularly helpful for learners who had discontinued formal schooling for many years and required clarity on modern evaluation styles.

The emotional counselling sessions were among the most appreciated segments of the programme. Certified counsellors from CBOSE interacted with learners and discussed issues such as exam anxiety, fear of failure, pressure from family and society, and the psychological barriers that adult learners often face when returning to academics. The experts explained practical ways to maintain mental stability, remain motivated, and overcome discouragement. They also highlighted the importance of positive study environments, peer support, and healthy study breaks.

Interactive live doubt-clearing sessions allowed students to ask questions directly from academic experts. Thousands of queries were answered related to subject preparation, assignment submission deadlines, practical exam guidelines, hall ticket requirements, exam centre rules, and re-appearance policies. The open schooling learners appreciated the fact that despite studying independently, they had access to direct academic support from the board.

The counselling week concluded with a motivational closing session where successful open schooling alumni shared their experiences. These stories inspired learners to believe in the power of the open schooling system. The concluding message from CBOSE emphasized that every learner, regardless of age or background, deserves an educational environment that understands their circumstances. The board reaffirmed its commitment to supporting students holistically and announced that such counselling programmes would continue annually.

Copy with a request to respective Heads of Directorates as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites



**PRESIDENT/SECRETARY
CENTRAL BOARD OF OPEN SCHOOLING
AND EXAMINATION**

Director

**Event Organizer Department
CBOSE**