

Pass oral & written exams, memory training &
learning strategies, inner peace, serenity & anti-
stress motivation through mindfulness

Simone Janson (ed.)

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Claudia Hupprich

[Stefan Häseli](#)

[Ruth Meinhart](#)

[Mark M. Galal](#)

[Atila Vuran](#)

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

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Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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TALK | Dr. Georg Mondwurf, responsible for the Abitur examination questions in Bremen: “Nobody has to be afraid of the Abi”

// By Simone Janson

Many students plague high school fears. Dr. Georg Mondwurf, Senior Councilor and responsible for the Abitur exam questions in Bremen, gives students courage: an interview about why time management helps with learning and which strategies are ideal.

Dr. phil. Georg Mondwurf is Oberstudienrat, born in 1963 and since 1994 teacher in Bremerhaven. After his graduation in May 2001, he was a lecturer at the University of Oldenburg from 2002 to 2009 and has been the head of department at a school center in Bremerhaven since 2007. Since 2009, Mondwurf has been a consultant in the 21 (History) section of the Senator for Education and Science (SfBW) in Bremen, where she is responsible for the Abitur examination questions.

Mr. Dr. Mondwurf, is there any guarantee of a successful high school diploma?

First: Do not be afraid of exam stress. The regular and active participation in the lessons, so the preparation and the constructive cooperation and follow-up are definitely the best guarantees for a successful high school graduation. There are also many good learning strategies.

How do these strategies look like?

For me personally, good time management is essential to keep exam stress as low as possible. That means knowing how to organize learning material. I recommend setting up a long-term work plan that, if disciplined, will give you enough time to take a break just before the exam.

But are not it just these pauses, in which anxious thoughts of the examination sneak into the head?

It depends on the type of breaks. Walks or sporting activities are ideal to dismantle excess adrenaline. And most of the brainstorms do not occur at the desk, but rather on the bike or during jogging. Fresh air can break learning blocks. Please also think about the regular airing of the workroom!

"How do I cope with all the learning material?" Is probably the most common student question on internet forums. Can that be answered in general?

Yes! I consider it very important that the examinee has a set of suitable learning methods and learning strategies and does not start to try them out at the last minute. Many skills - such as creating a mind map - you have to train in the long term. If you have to take an oral exam, you should not have been sitting in the classroom for three years.

What is the purpose of using past examinations and exam questions? Is this really a good learning method?

I think that's a sensible method. However, the tasks of the upper level exams should already consistently prepare for the type of task of the Abitur examination. The tasks should form a thematic unit if possible. A good example of such an approach (but certainly not the only one!) is the Duden series "100 exam questions Abitur".

Why does this make sense methodically?

Small-step tasks with many content-related tasks do not correspond to the purpose of the Abitur examination and should therefore also be avoided in the preparatory examinations. The students must have the opportunity to make independent contributions in their own time as well as self-employment in the structuring, then it will also work with the Abitur examination.