Tips and techniques:
The do’s and don’ts of examination day

Let us take a journey of this very precious day step by step as -

1. On the morning or few hours before the exam.

   Or

   Finishing your studies and moving towards examination centre.

2. Outside the examination centre or reaching examination centre.

3. During the examination or facing an examination.

4. After the examination.

1. The Exam Morning or Few Hours before the Exam

The flow of events on the exam morning is very important for success. The suggestions related to events of exam morning are as follows

(a) Many students feel an early morning revision on the day of examination is very helpful. But this fact is not at all applicable universally. Here, the type of examination is very important. You cannot approach an objective and a subjective examination with the same thought.

(i) For Subjective Examination

   The thought of revision is perfect for subjective exam. To be a good performer in a subjective examination (like boards) this kind of early morning revision is very helpful. Try to take maximum advantage to this during your boards or home examinations of class XIth.

(ii) For Objective Examination

   The thought of revision is absolutely unacceptable in case of an objective examination like IIT JEE. Your performance in this particular exam will be best with a completely relaxed mind. So, never try this on the morning of your NEET paper. Instead select 3-4 questions of every subject to which you are very-very confident of solving correct. Attempt these questions only in the exam morning. This will work as startups for your brain which has to perform a great task ahead in the day time.

   Remember! Choose those question only which were attempted by you many a times during your preparation so that the chances of doing them wrong or getting confused are zero. These questions should also be logical in nature. Try to solve them step by step with proper understanding.

(b) Take a proper meal as you take up in your normal routine. In other words, we can say do not skip your breakfast in exam anxiety as you need sufficient nutrition to carryout 3-4 hrs of mental activity at a stretch.

   Brain and heart are the two organs of your body which consistently require food & oxygen for their functioning as they do not store both of these. Hence, for proper functioning of brain it is very important that your blood contains a certain minimum level of glucose in it. If you blood glucose levels decreases, Nervousness, mind shocking may occur during the examination.
(c) **Use positive visualisation and self-talk** Imagine your self-doing well, recalling early and calmly dealing with uncertainty and difficult problems.

(d) **Review your anxiety strategies** If you are really prepared, then most probably you won’t get an anxiety attack. But atleast you must be ready if it comes. Use deep breathing exercises and other relaxation techniques on SOS (as and when required) basis.

(e) **Focus yourself for the task ahead**, which is a bit easier for a subjective examination (as you are going for early morning revisions in this case), while for an objective examination such a focusing requires strong determination.

(f) **Try to stick to your normal morning routine.**

2. **Outside the Examination Centre or At the Examination Centre**

Once you are out from home to the battle field (exam centre) each and every event or happenings around you affects your performance. So, the suggestions in relation with that time period are as follows -

(a) **Set your time to arrive early in the examination centre.** But, it should not be so early. 20-25 minutes before the exam time is perfect. Try to minimise your waiting time outside the exam room. There should be a place to sit properly during this waiting period.

   **Remember!** You might be attacked by exam anxiety during this waiting period. Hence, it is suggestive, be in a relax mood, with deep breathing mode on, to prevent such a kind of attack. A *last day’s visit to the examination centre plays a crucial role in time calculations related to arrivals waiting etc., on the day of examination.*

(b) **Be cool and calm during your journey from home to examination centre.** Avoid traveling alone in this journey. If possible take the help of your parents/relatives in a pre-planned manner. Try to avoid or ignore any unpleasant event during the journey, this may cause loss of that start up, break of rhythm and in turn loss of focus of examination.

(iii) **Stay away from others just before the test.** Try to avoid conversations with other fellow students before the test. You may see some of the students going through their books or revising something or discussing something excitedly. Try to avoid all these activities. These can make you nervous or anxious. Last few minutes before the exam are very precious. These minutes should be spent alone to increase the focus.

(iv) **Keep either powdered glucose or glucose solution or cane sugar juice with you and start sipping it slowly during this time period. This will keep nervousness away from you.** Regular intake of glucose in any form will protect you from such condition to occur.

3. **During the Exam ... or in the Battle Field**

Once you are inside the room, check up and take the seat assigned to you. If you find your chair or table uncomfortable, seek the supervisor’s (invigilator’s) help and get it changed. The suggestions related to your higher performance levels during the examination are given below:

(i) **As soon as you receive your question paper read and re-read the directions carefully:** Most of the students take these instructions very lightly or even don’t bother to have an eye on these instructions. By doing this you may miss some important information regarding the test paper hence, *it is advised, not to consider reading instructions as the wastage of time.*

(ii) **Your strategy to solve an objective type paper matters a lot to your success:** One can follow 3 round Approach or The Examiner’s Mind Approach to attempt the Paper. *This approach is the best*
one in attempting an objective type paper and is based upon examines mind set while making a paper. So before understanding this approach it is better to understand how does, an examiner sets the frame work of a paper.

In general the question paper of any competitive exam has following framework-

(a) **Easy questions** — 25% approximately
(b) **Moderate questions** — 60% approximately
(c) **Difficult questions** — 15% approximately

*Normally, a combo of easy and moderate questions is required for selection of an aspirant while difficult questions are responsible for merit positions.

One can requires’ three rounds of reading to separate these three type of questions as-

<table>
<thead>
<tr>
<th>Round 1</th>
<th>For easiest questions, gives a settling time to our brain for the Mammoth task ahead. Questions attempted 10 - 20.</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20 mts (1st to last question)</td>
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<tr>
<td><strong>Round 2</strong></td>
<td>For moderate level questions, gives best results. Allot 2 mts (max.) for a question in Physics and Chemistry and less than a minute in Biology otherwise move to next question. Questions attempted 130-140. <em>An initial attempt of biology questions will be a great time savior.</em></td>
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<tr>
<td>5-2.15 hrs (last to first question)</td>
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<tr>
<td><strong>Round 3</strong></td>
<td>Bonus round for most difficult questions. Works to come out with most hidden facts of the mind. For the rest 15-25 questions.</td>
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<tr>
<td>last 25-30 mts (First to last question)</td>
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### Special Suggestion for Problem Solving: The Elimination Technique or Intelligent Guessing

This technique is applied in those cases where you don’t know the correct answer, but you can eliminate those options to which you are sure that these can’t be the correct answer.

*It is of normal perception that out of 4 options given in a problem 50% i.e. 2 options are more or less irrelevant. These thus, can be eliminated easily.*

*Now, the correct answer lies in rest of the two options. This is turn increases the probabilities of correct and incorrect answer to 50% from the previous 25% and 75% respectively.*

*At this stage, you can use your intelligence to get the correct answer. Thus, this technique is in fact an intelligent guessing and must be used in all those cases where negative marking is there in the question paper.*

### 4. After the Exam

Once your examination is over and you are out of the hall, avoid discussing the examination paper or questions with other candidates. This may create unnecessary tension. Remember in a competitive exam, it is very difficult to predict anything so do not let your preparation let loose till the results are out.
Last but not the least “Try to stay positive and never let negative thoughts influence you at all”. Negative result may create some panic, but always think that you might not have the aptitude to be fit in the requirements failures are the best teachers.

Remember these beautiful lines of **Henry Ford**

“Failure is the opportunity to begin again more intelligently”