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### What aspiring professionals need to know while taking a competitive exam

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# WHAT ASPIRING PROFESSIONALS NEED TO KNOW WHILE TAKING A COMPETITIVE EXAM

**Competitive exams, though often daunting, are gateways to career dreams. While they may seem formidable, a strategic approach, unwavering commitment, and a well-structured plan can transform these challenges into stepping stones towards your dream profession.**

**Here are some essential strategies and tips that aspiring professionals need to know while attempting competitive exams:**

**OPTIMISE YOUR STUDY SESSIONS**

Planning ahead is a proven strategy for success in competitive exams. One of the keys to effective exam preparation is to create a well-structured study plan and have shorter, more focused study sessions. Define what topics you need to cover and allocate specific study days for each subject or section. Knowing exactly what you need to accomplish each day helps maintain focus and ensures you don't miss any crucial areas.

**THOROUGHLY UNDERSTAND THE MATERIAL**


Reading your study material thoroughly is essential. Don't just skim through it; ensure you understand the concepts, headings, subheadings, and key points. A deep understanding of the subject matter will serve you well during the exam. Simultaneously, highlight and remember keywords from your study material. These keywords can be essential during the exam when you need to recall specific information. Regularly review and reinforce these keywords in your memory.

**TAKE SHORT BREAKS**

Don't underestimate the importance of taking short breaks during your study sessions. Prolonged study without breaks can hinder your ability to retain information. Therefore, you must avoid marathon study sessions that can leave you feeling exhausted and frustrated. Instead, break your study time into manageable chunks. Study for a couple of hours at a stretch, then take a 15- to 20-minute break to recharge your mind. These breaks are crucial for retaining information and preventing burnout.

**ELIMINATE DISTRACTIONS**

Create a study environment that is free from distractions. If your usual study place is noisy or prone to interruptions, consider relocating to a quieter space. Turn off your phone or place it in silent mode to avoid unnecessary interruptions from calls and notifications. Minimising distractions maximises your productivity. While it is essential to maintain a balance between studying and socialising, be mindful not to overindulge in social activities during your exam preparation. Prioritise your studies, especially during critical study periods, and allocate



time for social interactions once your exams are complete.

During study sessions, avoid checking emails, social media, or other online platforms while studying. These distractions can eat up valuable study time and hinder your progress.

**ALLOCATE AMPLE TIME FOR REVISION**

Revision is the foundation of exam preparation. Ensure you allocate sufficient time for multiple rounds of revision before the exam. Repetition helps reinforce what you have learned and enhances your recall abilities during the test.

**SEEK GUIDANCE**

Consider joining coaching classes to get the right study materials, such as textbooks, online resources, and practice papers. High-quality study materials and mock tests conducted by coaching centres such as Career Launcher can make a significant difference in your preparation. Mock tests help you get accustomed to the exam pattern while also improving your time management skills. Alternatively, you may seek guidance from mentors, teachers, or experienced individuals who have succeeded in the same exam. They can offer valuable insights and tips.

**EXERCISE REGULARLY AND MAINTAIN A BALANCED DIET**

While competitive exams can be stress-

ful, excessive stress can hamper your performance. Therefore, practice stress management techniques such as deep breathing, meditation, or yoga. Regular exercise also boosts cognitive function by reducing stress, enhancing focus, and improving memory retention. A balanced diet is equally crucial for overall well-being and cognitive function. Prioritise adequate protein, healthy fats, and carbohydrates in your meals. Stay hydrated by drinking plenty of water and including vegetables in your diet to maintain optimal health and cognitive performance.

**STAY PERSISTENT**

Sometimes, you may not achieve success on the first attempt. If you fail to achieve the desired results, analyse your performance and try again. Nevertheless, believe in your abilities and maintain a positive attitude as you strive to excel.

**BOTTOMLINE**

Adherence to these tips and strategies can enhance your chances of cracking competitive exams successfully. Stay focused, stay motivated, and believe in yourself, and you will be well on your way to acing competitive exams and reaching your career aspirations.

*(The author, Sujatha Kabisagar, is the president and Chief Business Officer at Career Launcher.)*