

Last Minute Tips for JEE Main

Attempt Like a Buddha: When you are doing a question, you are just doing the question. No other thought... you are there and the question is there... past and future do not exist. No attachment or fear.

Practice Being on Energy Peak at 9:00 a.m. (Plan your sleep schedule accordingly, do not study till late night, do not eat very oily / junk food. Include a lot of fruits, have almonds/ Akhrot, Salads on a regular basis. Meditate for at least 10 minutes daily.

No Choking : Remember Karmanyevadhikaraste ... Maa Phalesu Kadaacana... (Not attachment to the results... the endeavour itself is our success.)

Let the Brain Biochemistry Replenish: Do not stress your mind especially on the last two days. Just relax. Attempting papers depletes biochemicals from our brain, which take time to get replenished. So it is important to not drain yourself out just one or two days before the exam. Let the brain have good biochemistry and oxygen flow to achieve the energy peak on the day of the Exam. Tune your body so that you don't even need to use washroom during the exam.

(Don't sleep in the day time at all, 7-8 Hours Sleep before exam day at night only)

Revise wise

Starting anything new right now is not an appreciable move. You have already studied whatever you had to for the exam.

Now, it's time to revise all those formulas and theorems. But, since the syllabus is like the hulk, you need to segregate it according to your convenience. You have to think smart and act wise.

(Pay Special Attention to Experimental Physics Formulae... about 20% of the JEE Main Physics is Based on Experimental Physics). No New Understanding ... Ratta Only.

Sample, the ample

Along with revision, you need to practise the sample papers of JEE Main in good numbers as they are a tried-and-tested method to keep you on track by bringing your mistakes in front of you. You can correct them with the time left with you.

Remember to analyse your performance and correct those mistakes.

Don't discuss anything with anyone

There is absolutely no need to indulge in a conversation with anyone regarding preparations. This can make you stressed, or rather add to it. It is mindful to stay away from such talks.

Eat, sleep, smile repeat

This is one of the most important tips for JEE Main preparation as you need to utilise your energy smartly right now.

Cutting out on your appetite or on your sleep during these days is certainly not a good idea. You have to appear in the exam of your life and for that you have to be ready, not ill.

Eat good healthy, home cooked food. Sleep for a good 8 hours. And smile because staying with a frowning or stressed face will affect your vibes.

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This time all you want is only positivity around you and nothing else.

Detoxify yourself

You can't keep saying that exam is approaching and you are stressed. Involve yourself in activities that help your body and mind relax. Be it running, jogging, walking, dancing or any kind of meditation.

Hope is life

No matter what, keep clinging onto H.O.P.E; not only for this exam, but for your life. Don't forget, it's just an exam and life as a teacher has lot more to teach you.

It's also time to plan your exam

A good plan helps you be prepared. So plan your exam day -- which sections you will attempt, how much time you will allow for each question, how to answer, review questions and such.

3 hours is very little time to accomplish all of this and a proper plan allows for this.

Check how close is the exam centre

Sometime prior to the D-Day, check the location of the exam centre.

This will help you plan and time your arrival at the exam centre such that you are not late or miss the exam on account of not knowing where it is, traffic jams and such.

Is your exam kit ready?

Put the admit card, exam pad in a cover so that you have the required things in place.

Read the instructions on the admit card and report on time.

(Especially any instructions on what is allowed inside and what is not... what will be provided there itself, any special instructions on dress etc.)

Be relaxed on the big day

Stay calm and composed on the exam day as unnecessary stress and overthinking can hamper your performance.

Become a Monk for the Last week

This is the final week before the actual JEE Main exam. Become a Monk. Keep yourself separated from every negative energy source. Feel proud that for all the hard work you have done. Very few actually have courage to do all this.

Turn off things like Facebook, Whatsapp, etc. Don't hang out with coaching institute friends.

No Tough Questions during Last few days

Chemistry : 40 Minutes (CPM Attempt Order).