

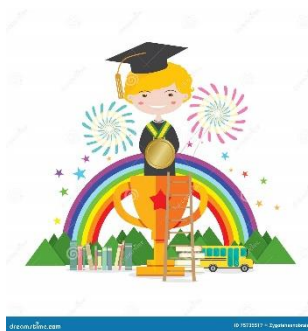


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CONTROLLED TEST PREPARATION : START WITH A POSITIVE MINDSET !!



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Organize Your
Study Time



Change Your
Study Location



Start your
revision early



Take regular
breaks

www.easternlucid.com

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1. Set Goals on a Timeline

- Draft a study plan (include a list of subjects, concepts & topics you need to prepare for)
- Create a Timeline (set a certain time period for preparing each topic/section)
- Make sure to specify realistic goals & add frequent study breaks in between.



2. Execution

- Gather the requisite study materials you need
- Implement a balanced combination of self-study combined with guidance from teachers, experts or online tutorials
- Test your knowledge through timely mock tests



3. Maintain a Consistent Routine

- Set a convenient time to study every day
- Choose a location where you can focus for long hours
- Locate your distractions and try to minimize them



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4. Keep a Tab on Your Health

- Stabilize your Sleeping Routine
- Stick to a Healthy Diet
- Exercise every day for at least 20 minutes
- Spend some time in nature and take regular breaks to ensure your mental wellbeing.



5. Review & Revise

- Completing a certain goal from your study plan, make sure to review your progress
- Take mock tests on a timely basis
- Track your progress at the end of every day/week



6. Get Geared Up for the Exam Day

- Gather the Exam essentials beforehand
- Revise everything a day before the exam.
- Take some time to relax & reflect
- Spend some time away and let your mind rejuvenate before the final showdown



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