

# NEET 2017

Hello doctors-in-the-making!

You are the Batch of 2017! A lucky batch! You are all well aware that the NEET 2016 candidates had to face multiple hurdles and confusion regarding the medical entrance exams. I am proud to note their exemplary performance against multiple odds. However, you are all in a better position to face and succeed the NEET next year.

I would like to share a few tips regarding preparation towards NEET 2017.

✓ **PLAN AHEAD:**

Knowing what to study is the first step towards academic success. Be aware of the syllabus and have a study plan in place. Check if you have necessary study/reference material. Chalk out a time-table for each month and stick to it.

✓ **BE REGULAR:**

You have the next 9 – 10 months for your preparation. As you prepare for your board exam and NEET, remember that being regular with your studies and being sure of your concepts are two key factors that will contribute towards you possessing an edge over other candidates.

✓ **REMAIN UNSLACKENED:**

Workload, temporary success, distractions at home and slight disappointments with your result may all lead you to ignore your priorities and duties. Keep motivational quotes and enthusiastic company around you. They will help you focus on your goal at all times.

✓ **STAY HEALTHY:**

Healthy + home-cooked food, 6 hours of sleep, enough hydration and less dependence on junk food and carbonated drinks will benefit you greatly. Consult your physician for necessary vaccinations / vitamin intake during this crucial period.

✓ **PRACTISE, AND PRACTISE MORE:**

Toppers always lay great stress on practising thousands of sample / practice questions through these months. Identify your weak areas and work on them patiently. Capitalise on your strong areas with precision. If you devote at least few hours per week on working out questions, your concepts will become consolidated and your speed & efficiency will improve tremendously. As the exam approaches (you may have around 4 to 5 weeks between your board exams and NEET), work out as many practice papers as possible in a simulated environment. Don't rely on these

weeks to start learning basic concepts for the first time. Every OMR sheet has to be dealt with respect and formality. Pick up good OMR protocol.

✓ **STAY CALM YET CONFIDENT:**

Research has proven that learning and memory retrieval works well when a person stays calm under pressure. Acknowledge that stress or frustration can be handled and considerably reduced if you communicate with your elders and believe that you are a strong person. A healthy lifestyle and regularity at work will prevent stress from building up. On a hectic day, just three minutes of meditation works like a miracle!

✓ **ENJOY THE DILIGENCE:**

Don't let personal interest in a subject or topic deter you. Enjoy the wonders of science and keep up high spirits. Face each morning picturing yourself as a doctor. Tell yourself that you are moving towards the actualisation of that dream every day. Smile and be cheerful and kind to yourself.

✓ **FACE THE D-DAY:**

Be aware of application deadlines, guidelines. Ask help from your family or teachers / mentors. Don't let a stray difficulty worry you. Tackle the next question. Your sincere hard-work will bear precious fruits!

**Good wishes!!**

**Vallish Herur, Director, BASE**