

## Things To Do A Week Before Your Exam



The GATE 2021 exam is just around the corner with less than a week to go. Few students will have exams on February 6 and 7, while few will have their exams on February 13 and 14. Tension is high in the air and everyone is nervous about the day of the trial. Every year we see students deal with this last minute crisis before the exam. Therefore, this article is written for one reason only to make all 2021 GATE Exam applicants comfortable and instill confidence.

This is the day everyone was working hard for. All the sweat and sacrifice has finally come down to this day where those three hours are finally going to decide who beats the other. We are all human and feelings like these sometimes get the better of us.

Anxiety is sometimes even a good thing, as it makes you focus on the goal and prevents you from straying from your path. However, there are students who unknowingly get caught in the quicksand of overthinking. It is very difficult to get out of that vicious cycle of regret and regret and you should always avoid doing that.

## **Things to Do a Week Before GATE 2021 Exam**

The best way to avoid making that mistake is to keep believing in yourself and doing the right things before the exam so you don't get sidetracked or demoralized. Below are some of the things every candidate should do the week before the exam. These are some habits that we have observed in the first ones who have passed this exam over the years. So let's talk about them systematically:

### **1. Overachieving is Dangerous:**

Many students make this serious mistake of excelling during the final days of preparation. They tend to make impractical plans to cover and review the entire syllabus in the few days remaining for the exam. GATE is a test that tests depth of knowledge and cannot be passed with a superficial approach. Therefore, one should stick to the syllabus completed so far and keep revising it.

### **2. Practice and Revision:**

The last week before the exam should be spent reviewing important concepts and formulas. Refrain from studying any new concepts and stay focused on the concepts that you have already covered. Practice the questions you couldn't solve while taking the quiz series. These questions and the underlying concepts will remain fresh in your mind during exam time.

### **3. Take Strategic Breaks:**

This is vital to keep you fresh and focused in this final week before the exam. Make your schedule wisely, and make sure you're taking well-planned breaks in between. These breaks will keep you cool and prevent your brain from overloading. Just be sure to use these breaks wisely. Try talking to good friends or going for a walk. Do not do any activity that causes fatigue to your body or mind.

### **4. Take Care of Yourself:**

We have always received this advice that "a healthy mind resides in a healthy body", but we rarely give it importance. In this last week before the exam, make sure you get a good night's sleep and your body get plenty of rest. It's very easy for us to panic in this kind of scenario and get sick in the process. Avoid eating street food and try to eat three good meals a day. Your brain will be able to function at its best only when you take care of your body.

## **5. Live Your Dream:**

This exam is all you've thought about all this year and it's time to implement the plans on D-day. Stay focused and try to practice in the exact exam setting. By now, you should know the space and time allotted for the exam. Just make sure you don't sleep at that time this week. Try to remain your most active self during this period of time, as this will connect your brain accordingly. This will also help you cope with the pressure of three hours in the exam room.

Lastly, we would just like to tell you to stay motivated and focused towards your goal. Follow these simple yet powerful habits and keep your faith in yourself intact. Most people think of GATE as a test of their technical knowledge. Indeed it is, but at the same time, it also tests your perseverance and the candidate's ability to remain calm and focused until the last day. We hope that everyone will pass the GATE 2021 exam with flying colors.