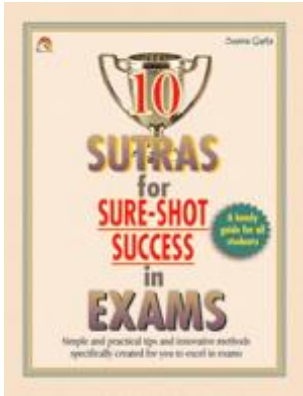




10 Sutras For Sure-shot Success In Exams



Author: Seema Gupta
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We all want to excel in exams. As the exams approach, our apprehensions increase and we start looking for that magic wand which could help us out of this situation. We are desperate for any advice that could help us. Most of the time, we are told to work hard, harder still harder. Alas! The grades show no improvement. Hard work is certainly a vital component of success, but working systematically is the key to excelling in examinations.

This is where the 10 Sutras come to your aid. The precise, easy-to-follow instructions given in the book can transform your life by helping you to tap your full potential, and give of your best by remaining stress-free during the exam time. It covers....

- * how to manage time (scheduling time and work)
- * relaxation techniques
- * speed reading and writing
- * SQ3 R
- * FRT and memory boosters

The questionnaire given at the end of each chapter will help you assess your potential, thereby adding an invaluable dimension to the book's usefulness. Those who want to excel in their examinations cannot afford to miss this book.

Seema Gupta has a Master's Degree in Sociology and an MS in Psychotherapy and Counselling. A prolific writer, Ms.Gupta has authored several widely acclaimed books on a wide variety of subjects, including 40 Stress Busters for a Housewife published by Pustak Mahal. Many of her articles and short stories in various magazines have won accolades from her readers. The author herself is the happy mother of two energetic teenagers.

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* Stretch your day

EXAMINATION GUIDE

CAREER GUIDE

Miles to go....

AN EXCERPT FROM THE BOOK IS AS FOLLOWS:

Choosing an ambitious track

Abhishek, what do you want to become when you grow up?

This is a question Abhishek has been asked umpteen number of times right from his childhood. Abhishek is studying in class X now and he wants to be a pilot. But he knows what his answer should be—it has to be a good profession which his parents approve of. Through experience, he knows what is expected of him. So he utters the usual words "Uncle, I want to be a doctor." The answer keeps his parents happy, that their son is going on the right track. But is he really?

You cannot lie to yourself. You must be sure about your ambition in life and make sure that others know about it too. An ambition gives you a reason to move ahead. It motivates you to study harder.

Ambition acts as the guiding force in your life. It attracts you like a magnet. The more you think about it, the more you feel fascinated with it. This fascination of achieving what you really fancy motivates you further to make positive changes in your life. Having an ambition in life fills you with an untapped source of energy and enthusiasm. If you look at the practical aspect of being ambitious, then you will realise that your ultimate goal in life is to have a lucrative career. You are studying for a good career. So besides this reason, if you have an interesting reason to study, you will be all the more determined in your efforts. It will be like having your cake and being able to eat it too.

Be practical

Be in positive frame of mind

Reframe your ambition today

Aim for something which you enjoy

Be practical in your approach

Let's go back to Abhishek's case. He wants to be a pilot. To begin with, he must convey his choice of career to his parents. Their approval is very important for him to move ahead. Next, he can join an adventure club in his school and learn adventure sports like rappelling, paratrooping etc. As soon as he is eligible, he may join the amateurs club of pilots who train young students in flying the aircraft.

The fact that you are closer and surer of your ambition gives you a new confidence and assures you that you really are on an ambitious track.

About Pustakmahal Publishers

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.