

THE 5 SECRETS OF EXAM SUCCESS

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Are you ready for your success?

There is a famous saying, “If the student is ready, the teacher will arrive” and here I am looking forward to communicate with you through these 5 secrets that will bring the most powerful tools of academic success in your hands. I congratulate you for showing interest in your own success and being ready to learn.

I have been working closely with students, teachers and academicians for over a decade now and I can tell you from my experience that clearing exams is not just a matter of hard work and studying tirelessly day and night. But unfortunately many students wrongly believe so. You must understand that however hard you try, if you are working against the principles of success, you can never expect to succeed.

What are these principles and how can you apply them to your studies and to your life is something that I will be explaining in the coming pages to you.

The concepts & techniques that you are about to experience are so powerful that they can never fail to give you desired results. Many of my students, teachers and readers believe that these ‘secrets’ must be taught to all students in all schools and colleges. I personally believe that if these principles are taught in their strict sense, these could revolutionize the entire education system and no student will ever find it hard to acquire the degree of education that he is after.

My friend, you now have in your hand, the most powerful tips that have ever been written for students. You will now uncover the secrets of academic success and now it is up to you to utilize and apply these principles because knowledge is nothing without putting it into action.

All the best and I hope to receive an email from you on the 5 secrets once you have read them all!

Thank You



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SECRET#1

IGNITE THE FIRE WITHIN



No matter how good a student you are, no matter how good your memory is, no matter how good your teachers are, you will not be able to succeed in a tough exam like yours, unless and until you are passionate and motivated enough to follow through.

Motivation is the key to success and you must ensure that you are motivated enough so that you can put in the required efforts to make your dreams come true.

How to ignite the fire within?

- Visualize your life after you succeed in your exam
- See the picture clearly in your mind
- See yourself getting the job after you pass the exam and earning the money
- See your parents, relatives and friends applauding you for your success

How important is it for you to succeed in your exam? Why you should clear in this attempt and how your life's success depends on these exams? These are some of the questions that you need to answer for yourself.

Take a pen and a paper and make a list of the reasons why you want to clear the exams. Be as detailed as possible. And then keep this paper with you. Whenever you feel down with motivation just read your reasons and remind yourself that if you do not clear the exams this time, you'd be postponing all those things in your life.

Motivation comes when you know your goal is important for you. When you know your life is incomplete without achieving what you are trying to achieve. If you look at the life of the successful students, students who get ranks and top their exams... these are highly motivated individuals. They put everything at stake to succeed because they know that their life is nothing without achieving the goal.

It is not just important to have a goal to achieve. All of us have goals but the point is how hungry are you for your goal. How important that goal is for you.

Imagine success. That's the key to motivation. Imagine how would you feel if you succeed in the exam? How would you feel if you get the rank that you are targeting? Feel the excitement and the praise that success will bring to you. Imagine the sense of achievement. If you are motivated, you'll see yourself studying hard and hard and harder!

BY NITIN SONI

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SECRET#2

A PROGRAMMED MIND



Is your mind programmed for success or failure? How have you been programming your mind all these years? Is it accidental or intentional?

It is all about a set a thought patterns collectively known as beliefs. In a country like India where competition is tough in almost all the streams & exams, one cannot escape the negativity that surrounds the education system.

Understand that what you repeatedly accept as true... becomes your belief. What you believe reaches your subconscious mind. Your subconscious mind then directs the body actions that are in sync with your belief thereby ensuring that your belief becomes your reality.

My friend, the results that you see is 70% because of what your beliefs are and 30% what your preparations are. Research says that in any field success is 70% psychology and 30% mechanics. The books that you choose, the teachers you study from, the number of hours you put in, these are mechanics that contribute 30% to your success. This secret is about the 70% that majority of the students either ignore or overlook.

When you hear someone say, 'It's a tough course' or 'the results will be very low' or 'you cannot pass', it registers these words and when it comes across these words repeatedly – your subconscious mind permanently stores them. And then 'you become what you hear'. Soon you find the course to be 'tough' and the results to be 'low'.

Your mind is programmed by default by the external environmental factors that unfortunately are always negative. That is why most of the students struggle with their exams. But not anymore!

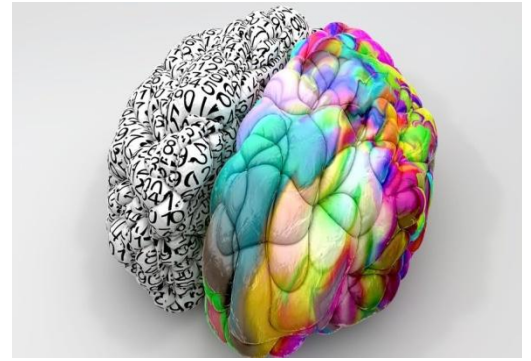
Take your mobile phone and record the below sentence in your own voice.

"I love studying and I easily concentrate on studies. I find all my subjects very interesting and I have full command over each and every subject. Maths (replace this with the subject that you find most difficult) is my strongest subject. I can already see and feel my success. I am already an IAS (or whatever you are studying for)"

Now put your earplugs and listen to this over and over again. Listen to it before you sleep at night. You do not have to consciously think and focus on the recording. It will automatically program your mind for success.

SECRET#3

USE FULL BRAIN POWER



There are two sides of your brain – logical and creative.

Sometimes they are symbolized by the two sides of brain – left and right. Left brain being your reasoning & logical brain and right brain is the creative brain. By nature your right brain is more powerful. It's like 60/40. Your right brain is more powerful than the left one.

Your right brain is involved only when you include the below two things in your study style.

- Images and pictures
- Understanding

Whenever you cram and learn by rote technique, only your left brain is involved. So if you do not understand what you are studying and if you are not studying with pictures and mental images you are not harnessing the full power of your brain. It is like, using only the 40% of the resources while 60% remains untapped. Is that a good situation to be in?

The reason why you do not like some subjects and fail to score good in them is because the moment you begin to study the boring subject the creative side of brain doesn't cooperate. So you try to study with 60% of your brain not cooperating and soon you give up because by nature your creative brain is more powerful than the logical one.

In order to harness the full powers of your brain, follow the below two steps:

- **Increase understanding:** Your brain loves exploring and knowing new things and gaining more insight of the world. Therefore if you wish your entire brain to concentrate on studies, understand them. Comprehend them. Try to relate the understanding to the real world. Make sense of what you study.
- **Use imagination:** Since you cannot use pictures and images like you used to do in elementary schooling, now when you are preparing for competitive exams, you must use your imagination to form mental images, pictures, stories, motion pictures etc so as to tap the potential of your right brain. Understand that your creative side of the brain understands images better than text. Images are processed faster, retained longer and retrieved quicker by the brain. The more pictures & imagination you use the better it is.

SECRET#4

PREPARE BRIEF NOTES



Just like Martial Arts, the art of effective studying demands daily decrease as against daily increase. Once you have the entire material ready, begin your studies and from day one concentrate on reducing the content. Whatever you study a chapter or paragraph, try to get the main point & the gist of it and note it down.

Many students fail to revise the entire course before the day of the exam and the reason is – vast syllabus. Have you ever faced such a situation where you wanted to revise everything but just couldn't because they syllabus was so vast that you ran out of time? That is a common problem faced by students. They study hard but that final touch just before exam seems vital and if they can't do that it affects their confidence and eventually their performance in the exam. So what is the solution to it? The solution is – Summaries.

A book or teacher notes are filled with examples & explanations that are not be read twice, a single reading is sufficient. If we do not prepare summary notes and study directly from them we unnecessarily waste time on stuff that need not be read twice.

While making brief notes try to reduce the whole chapter to an 'irreducible minimum'. You cannot reproduce the book language in your notes. It should be your known language and style that you are comfortable with. The beauty of our brain is that once it sees the main keyword, it recalls all the information that is associated with that keyword.

The purpose of preparing brief notes is to reduce the material to the extent where it cannot be reduced further. Now these notes should be your base for the next time study or revision. If you forget the concept, you can always go back to the book and refer but the base should be your summary notes.

Think about it for a moment, in the absence of summary notes, how much time you would be wasting by just flipping through those unwanted pages the day before exam. Chances are that you might even forget or overlook an important concept while making your way through those unwanted pages.

Most of the rank holders and topper have revealed that the key to their success was their ability to prepare comprehensive summary notes.

SECRET#5

SYSTEMATIC REVISION



Hermann Ebbinghaus of Germany had discovered the concept of 'Forgetting Curve' in 1885. It says that we forget 80% of what we learn within 24 hours! That's huge! So what is the solution? The solution is Systematic revision.

You have two types of memory – short term and long term.

- **Short term memory:** temporary storehouse of information. Here information is stored for a very short time.
- **Long term memory:** stores information permanently which can be retrieved even after months and years.

When you study something, it goes to your short term memory and soon fades away. The only way to transfer information from short term memory to long term memory is by systematic revision.

Revision means revisiting or re-reading something so as to memorize it. The only method to overcome forgetting curve... the only method to transfer information from short term to long term memory is revision.

One of the biggest misconceptions about revision is that one should complete the entire subject and then revise the entire subject. This approach is wrong. To harness the power of revision one must do systematic revision.

Since you forget almost 80% of what you learn within the next 24 hours. The secret is to revise whatever you learn within the next 24 hours. Revise it again after 3 days and yet again after 7 days. Now you can be rest assured that you won't forget it. However if you revise it 1 more time after about a month you could find yourself competing with the budding rank holders.

The beauty of systematic revision is that the time with each revision drastically reduces. So if it took you 5 hours to study something for the first time, the first revision will only take about 30 minutes while the second only 15 minutes and so on.

So embrace the mantra – Do not learn what you cannot revise.

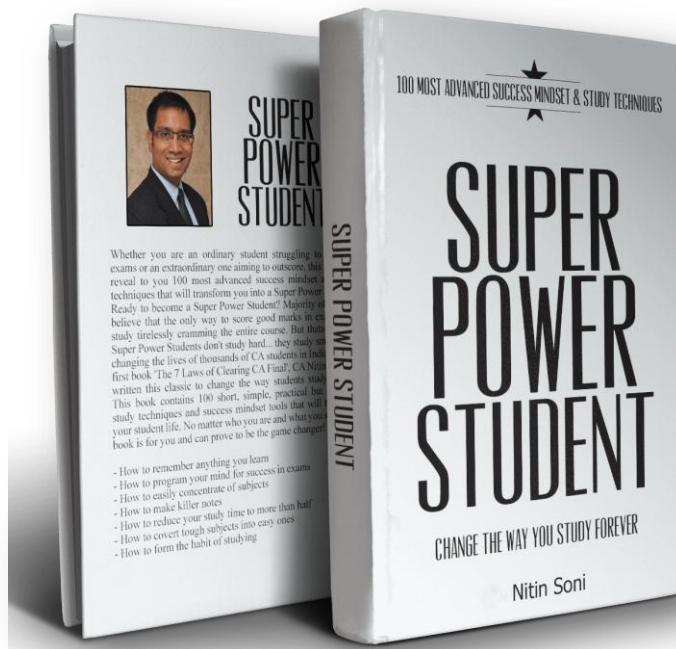
ABOUT NITIN SONI



An Acclaimed motivational speaker, trainer, educator and a bestselling author, Nitin Soni is today one of the most sought after speaker in India who is regularly invited by prestigious academic institutions.

Having changed the lives of thousands of CA students with his first book 'The 7 Laws of Clearing CA Final', Nitin Soni Published his second book '**SUPER POWER STUDENT**' to make academic success available to students of all courses/streams. You can write to him at contactnitinsoni@gmail.com or visit canitinsoni.com

ABOUT SUPER POWER STUDENT



Whether you are an ordinary student struggling to pass the exams or an extraordinary one aiming for Rank, **SUPER POWER STUDENT** contains 100 most advanced success mindset, study techniques and exam success strategies. Discover concepts, ideas and techniques that not only will program your mind for success but also change the way you study forever! For more information visit www.superpowerstudent.com