

NEET 11th GRADE CORE SYSTEM

WHAT NEET ACTUALLY IS (no bullshit)

NEET-UG is not an intelligence test. It's a **consistency + recall + error-minimisation exam**.

Mode & Duration

Offline (pen & paper)
3 hours 20 minutes

Questions

200 given
180 to attempt

Marking

+4 for correct
-1 for wrong

90

Biology Questions

360 marks — **50% of paper**

45

Chemistry Questions

180 marks

45

Physics Questions

180 marks

RANK decides everything, not percentage. NEET rewards the student who can **repeat correct work under pressure**, not the one who "understands deeply but practices less".

Let that sink in early.

SYLLABUS (what ACTUALLY matters)



Biology (the king)

NCERT = Bible

Class 11 + 12 **line-by-line**

Diagrams, tables, examples, side boxes —
all testable

85–90% questions are **direct or twisted**

NCERT



Chemistry (scoring if done right)

Physical: Formula + practice

Organic: NCERT reactions + mechanisms

Inorganic: Pure NCERT memory game
(periodic trends, coordination, metallurgy)



Physics (rank differentiator)

Conceptual + numerical

Moderate level, but **time pressure kills**

Repetition > reading





THE 1.5 YEAR PLAN (REALISTIC & ADAPTIVE)

I'll split this into **PHASES**, not rigid timetables — because life, coaching, and bad weeks exist.

1

● PHASE 1: FOUNDATION + SYNC WITH COACHING

(Now → ~8–9 months)

Finish Class 11 properly. Start Class 12 alongside. Build problem-solving muscle.

2

● PHASE 2: FULL SYLLABUS COMPLETION + FIRST REVISIONS

(~9 months mark → ~12 months mark)

Entire 11 + 12 syllabus done once. Weak areas exposed early.

3

● PHASE 3: TESTING + POLISHING

(Last ~4–5 months before NEET)

This is where ranks are made or destroyed. Focus on mocks, error elimination, and speed.

- ❑ **Rule:** If coaching gives homework → **do that first**, then extra sources. Never fight your coaching schedule — **ride it**.

A stylized illustration of a young man with dark hair and a beard, wearing a white shirt and a blue tie. He is looking down at an open book he is holding in his hands. The background is light blue with some geometric shapes.

● PHASE 1: FOUNDATION + SYNC

Goal: Finish Class 11 properly + Start Class 12 alongside + Build problem-solving muscle



Coaching class

Listen actively, don't try to master everything there



Same day / next day

Biology: Read NCERT line by line

Physics/Chem: Revise notes + examples



Practice

Bio: NCERT-based MCQs

Phys/Chem: 40–60 good questions (not random junk)



Weekly mini-revision

1–2 hrs per subject

Error notebook starts here

PHASE 2: FULL SYLLABUS COMPLETION

(~9 months mark → ~12 months mark)

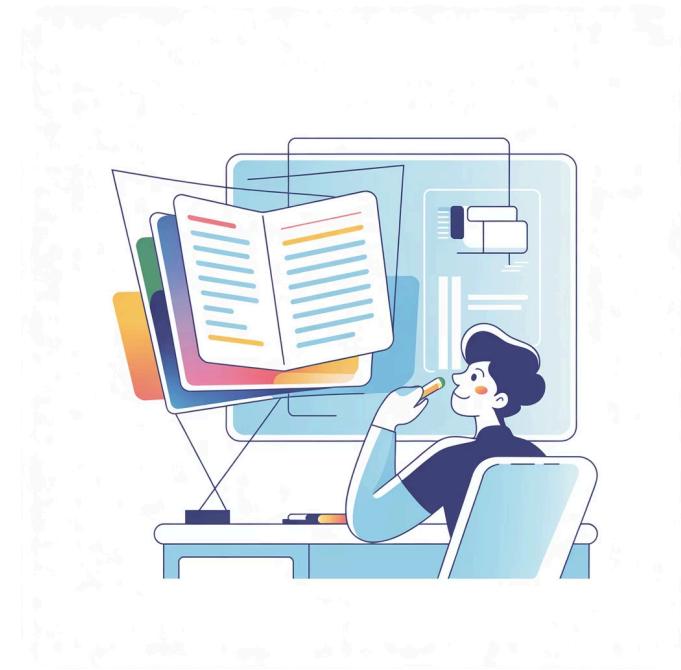
Goal

Entire 11 + 12 syllabus done once

Weak areas exposed early

What changes now

- More **revision cycles**
- Full-length **subject tests**
- Start **mixed question practice**



24-hour revision

Review within a day

30-day revision

Monthly consolidation

1

2

3

7-day revision

Weekly reinforcement

If a topic misses 2 cycles → it **WILL fail you in the exam.**



PHASE 3: TESTING + POLISHING

Last ~4-5 months before NEET

This is where **ranks are made or destroyed**.

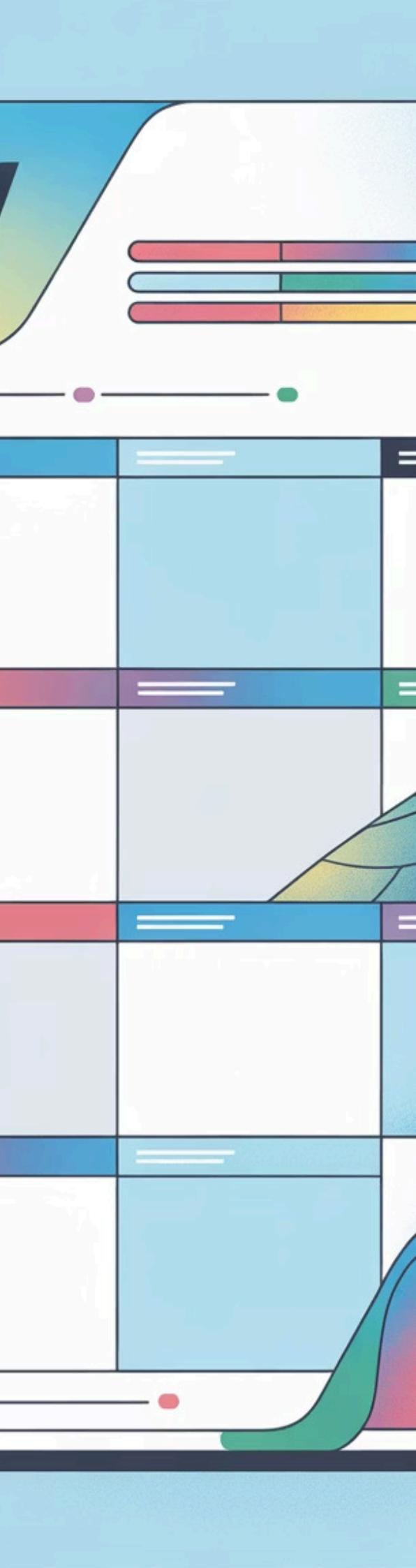
Focus shifts to

- Full syllabus mock tests
- Error elimination
- Speed + accuracy

Weekly structure (flexible)

- 1-2 full mocks/week initially
- Last 2 months → 2-3 mocks/week
- Heavy analysis days > study days

- Mock test rule (non-negotiable):** For every test — Attempt errors, Silly mistakes, Guess mistakes, Time pressure issues → all written in one error notebook



Weekly structure (Class 11 friendly)

Every week follows this structure to balance learning, practice, and recovery:

4 Learning-Heavy Days

1

- New concepts
- Coaching follow-up
- Deep understanding

1 Practice + Reinforcement Day

2

- Mixed questions
- PYQs (as applicable)
- Strengthening weak areas

1 Revision Day

3

- Formula review
- Concept recall
- Error correction

1 Buffer / Light Day

4

- Backlog catch-up
- Light revision
- Mental reset

Rule: Never let confusion carry into the next week.



RESOURCES (minimal & proven)



Biology

NCERT (nothing above this)

Question practice:

- MTG NCERT Fingertips
- Coaching module



Chemistry

NCERT

Physical: Coaching sheets + selected numericals

Organic: NCERT + reaction summary notes

Inorganic: NCERT only



Physics

Coaching module

Selected problems
(quality > quantity)

PYQs (last 20–25 years)



If you keep changing books → you're running from discipline.

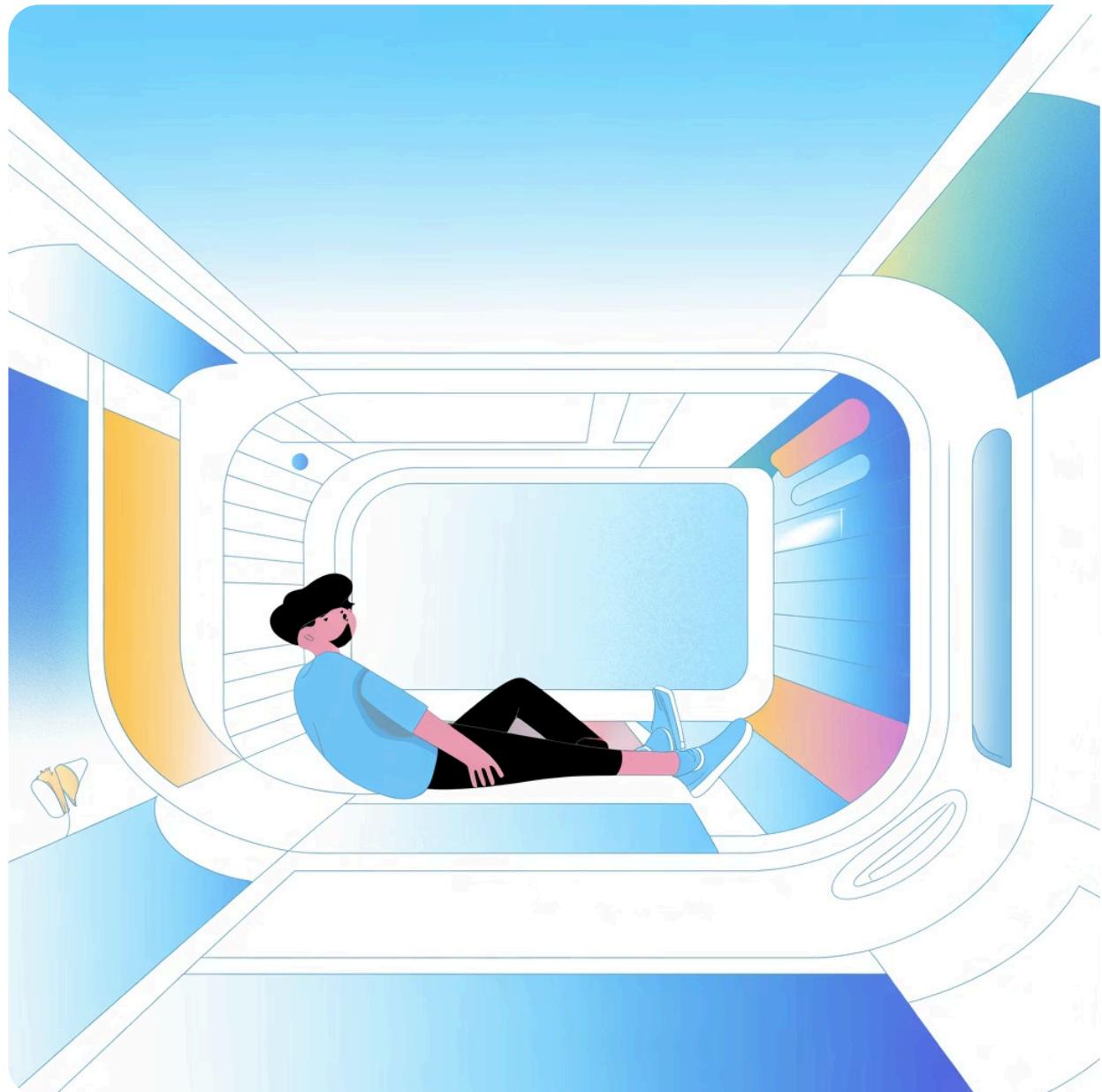


HOW TO STUDY WITHOUT BURNING OUT

Adaptive rules (IMPORTANT)

- **Bad day?** → Do [revision](#), not new topics
- **Low energy?** → Biology reading or error notebook
- **Missed 2–3 days?** → Don't "compensate", [resume](#)

Consistency beats intensity **every single time.**



COMMON MISTAKES (that ruin serious aspirants)

Ignoring NCERT language

The exam uses NCERT wording. Your answers must too.

Studying only what feels "interesting"

The exam doesn't care about your interests. Master everything.

Avoiding mocks because score is low

Low scores reveal gaps. That's their purpose.

Watching toppers' routines instead of fixing your own

Their systems won't work for you.
Build your own.

Thinking "I'll revise later"

If you don't revise, you don't *own* the topic.



MOCK TEST STRATEGY (real talk)

Early mocks = diagnostic tools

Not judgment. They show you what needs work.

Low score now = data

Not failure. Information you can use to improve.

Improvement comes from analysis

Not more tests. Review matters more than repetition.

1

Mock test

2-3

Hours of analysis

Golden ratio

Testing strategy (Class 11 appropriate)

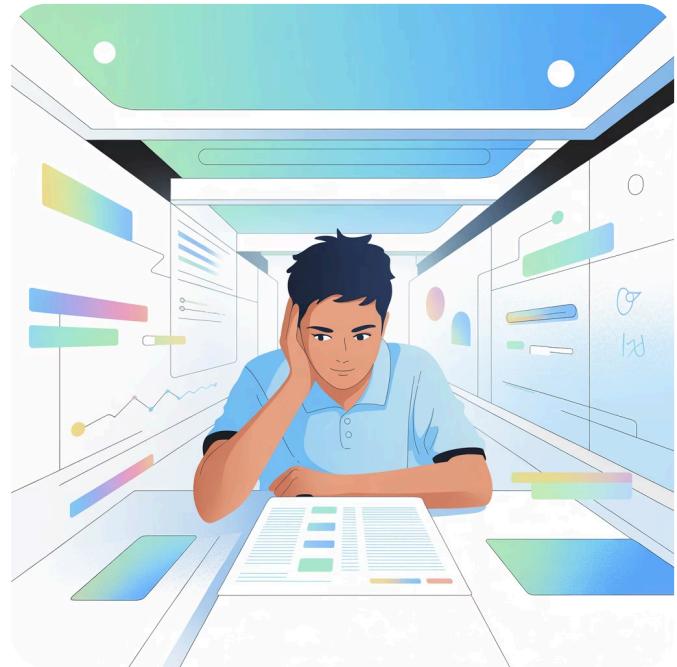
Frequency

- Topic-wise tests as per coaching
- 1 sectional test every 2–3 weeks

How to treat tests

Tests are **feedback**, not judgment

Low marks = diagnostic information



01

After every test

Identify concept gaps

Ranking obsession in Class 11 is counterproductive.

02

Fix them the same week

Don't let issues accumulate

How to handle backlogs (CRITICAL)

Backlogs are normal in Class 11. Ignoring them is dangerous.



Clear backlogs weekly, not daily

Don't stress about daily perfection. Use weekly buffer time.



Prioritise strategically

1. High-usage chapters
2. Currently running topics



Never binge-clear backlogs

Don't try to clear everything in one day.
It doesn't work.

Backlogs handled early stay small.



Core crisis protocol

If you feel overwhelmed

- Reduce daily volume
- Focus on understanding one subject deeply
- Resume balance next week

If marks drop suddenly

- Don't panic
- Check: Concept clarity + Practice volume
- Fix fundamentals, not hours

If motivation drops

- Switch to light days
- Revise familiar topics
- Restore rhythm before pushing again

Consistency matters more than intensity.

Using modifiers

This core system defines:

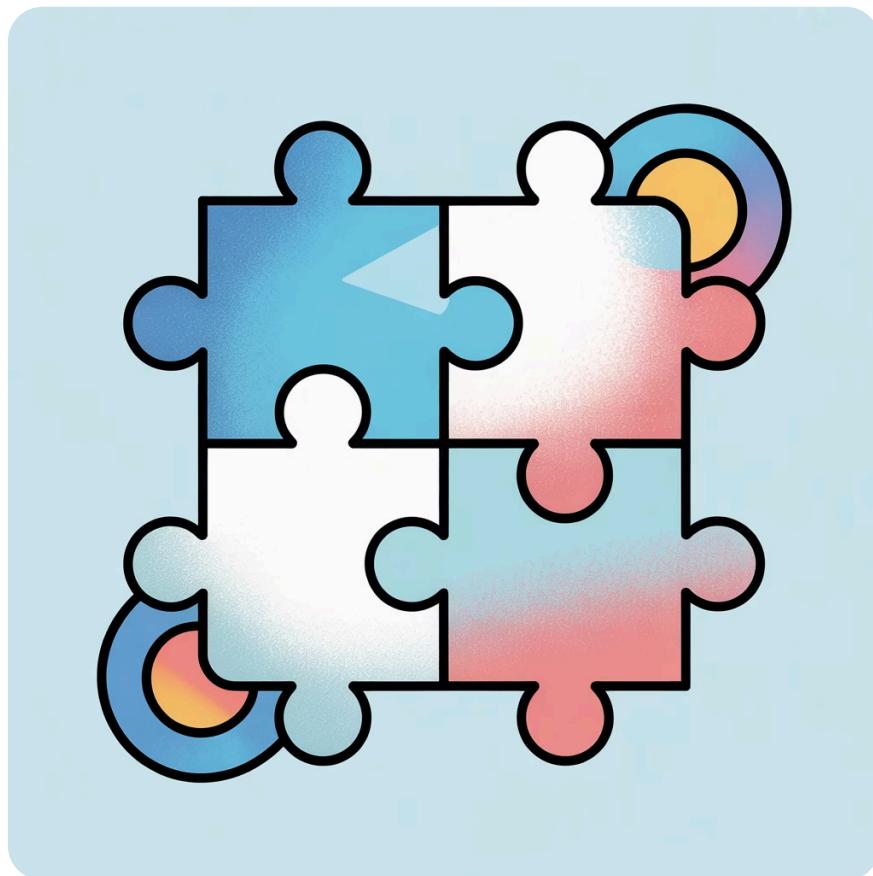
- What to study
- How weeks flow
- How learning progresses

Execution details like:

- Focus style
- Time preference
- Energy management

are handled using **modifiers** (Focus, Time, Lifestyle).

Apply modifiers **inside** this structure.



MINDSET YOU NEED



You're not preparing for NEET

You're **training to perform under pressure**



Motivation is irrelevant after month 2

Systems + habits win



This exam doesn't care how sincere you are

Only how **prepared** you are

Final reminders for Class 11 students



You are **building**, not racing



Confusion is part of learning



Strong basics reduce future stress



Class 11 done right = Class 12 done calmly

This year is your **foundation year**. Treat it with patience.