

Visualise and simplify

Many a times it so happens that we procrastinate things and we suddenly lose the motivation and feel that we are not working enough. We reach a phase where we used to work for 10 hours a day and suddenly it drops down to 2-3 hours and sometimes we may not work completely for few days. So why is this happening and why do we procrastinate?

There are two reasons,

one **is complexity**.

Complexity is the enemy of execution and

second reason is **lack of vision or hope**.

When things are complex, we generally try to avoid them, that is our human tendency which is tough to overcome.

When things are simple, we start with ease and flow like breeze. So it is all about simplifying things as much as possible.

So, how to simplify?

Well, you can do it yourself or take some one's help. For example if a problem is complex you try to break it down into smaller problems or ask your friends or professionals to simplify them for you. There are a lots of expert's videos online. Instead of reading text books which might be complex atleast for the first time, find out professionals and try to learn from them. Only way to simplify things is to learn from a master.

Second thing **is lack of vision**.

It is very important for you to have a vision and hope that you will achieve your goal. You will never reach your destination unless you know what it is. **You should have a clear vision about your life, like what do you want to be in the next one year, five years and ten years of your life.** If you don't have this vision about your future, then you will definitely procrastinate because if you know what your goal is then you can think about how to achieve it.

Simplification and vision will definitely lead to massive action.

And action will cure the fear which causes procrastination.

Then you can utilise your time in preparation rather than wasting it worrying.

Take a card board and write down your goals.

If your goal is to get first rank in gate then write down AIR 1 GATE 2015 or 2016. If you have a role model or some one you aspire to become then take their picture and hang it in your room and see it daily and visualise yourself becoming that person. Think like him, act like him and be like him.

Visualisation and simplification helps you avoid procrastination.

Revision

Even though you have prepared well for GATE and are thorough with every concept and solved every question, the issue might be that you may not remember the stuff during the exam.

Let me tell you a story.

we all know that the first person to climb mount Everest summit is Edmund Hillary. But recently we found out that even before Hillary, George Mallory reached the summit. But how we never heard about him?

The reason is, he might have climbed but never made it back.

Preparation is like climbing the mountain. And revision is like making it down safely.

Revision is very important. Practice makes it permanent. Revision should be done not just a day or a week before the exam. It should be done throughout the preparation period.

Spacing practice sessions across days enhances the performance drastically compared to spacing them with in days. Don't read everything at once and start revision at the end. Learning and revision should go hand in hand.

The best time to revise any new topic is before going to bed every night. Because when you think of something before going to bed, it will be in your temporary memory and when you sleep, it will be transferred to your permanent memory.

So the right time to start revision is when ever you learn a new topic. Maintain a timetable and if you learn a topic today, **mark it for revision every 3 to 4 days**.

Many students ignore this and start learning new topics every day.

In that case, the chances of forgetting the previous topics are very high by the time you start revising at the end.

The goal should be to reach the mountain top as well as come back safely.