



**Press Release**

**For immediate dissemination**

## **Tips for Exam Success**

**Dr Samir Parikh, Director-Department of Mental Health and Behavioral Sciences  
Chairperson- Fortis National Mental Health Council  
Fortis National Mental Health Program, Fortis Healthcare  
*shares vital tips with students and parents to deal with anxiety, stress and prepare well for  
the exams***

It is not possible for students to escape the hurdle of examinations, no matter how much ever they might wish to do so. However, a lot depends upon their perception and attitude towards these exams, and the studying skills and strategies employed by them for the same.

1. **Be effective.** Instead of sitting at your books for longer periods of time without much success, it is advisable to study for around 40-45 minutes at a time, ensuring that you utilize each of those minutes fruitfully.
2. **Avoid multitasking.** It is important to remember that multitasking does not actually save time and energy, but instead makes it more difficult to retain the information, as the human ability to process information simultaneously reduces the efficiency, while at the same time gives us less opportunity to rehearse the information.
3. **Take regular breaks.** You should take regular breaks between your studying hours, for around 5-10 minutes each. Remember, these breaks are not inflexibly stretchable!
4. **Plan the break.** While breaks are supposed to be times for you to recuperate and do whatever you want, it is also important to keep in mind what you should and should not do in your break times! Avoid reading, TV or computers, as they involve the same part of the brain involved in studying, and hence would not be very refreshing. Instead, prefer to listen to some music, have some light snacks, or go for a short walk.
5. **Use time-saving tactics.** As most of the times the same topic needs to be read and revised more than once, it would be very beneficial if you would highlight specific words or phrases, that would help you save time when you reread or revise the same topic again. Moreover, highlighting has



been found to be more effective than underlining as it helps you form visual memories of the highlighted words standing out.

6. **Prepare your study environment.** Besides the study material, it is also important not to neglect the place where you study. No matter how comforting the bed might seem, studying in bed should be avoided, as our brain recognizes the bed as a place to sleep. The study table should be reserved for studying, and should be kept de-cluttered at all times.
7. **Self-tests.** At the end of the day, you need to be responsible for your studies. These tests need not be prepared by your teachers or parents. Instead, you should be honest to yourself, and prepare timed self-tests on a weekly basis. This would help give you a reality check to be able to evaluate your own progress as well.

**Fortis Exam Helpline +91 8376804102 (Monday to Saturday 9am to 5pm)**

#### **Department of Mental Health and Behavioural Sciences at Fortis Healthcare**

*The Department of Mental Health and Behavioural Sciences at Fortis Healthcare is an integrated mental health care system providing clinical evaluation and treatment services for a broad range of emotional, cognitive, and behavioral disorders for patients of all ages and cultural backgrounds. Led by Dr. Samir Parikh and one of the largest mental health care providers in the private sector, our team comprises of psychiatrists, clinical psychologists, counselling psychologists, psychoanalytical psychotherapists, art therapists, special educators and occupational therapists. At the Department of Mental Health and Behavioural Sciences, it is an endeavour to create an environment that promotes hope and trust among our clients, their families, and the community. We aspire at improving the emotional and psychological well-being of our clients by providing effective, integrated mental health services with compassion, dignity and respect.*

#### **About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 346 diagnostic centres.*