

## FAQs

### **What skills shall I learn & improve?**

Social Skills, Creative Intelligence, Leadership Skills and above all Intellectual Capabilities as you shall learn the art of memorizing.

### **What are the advantages of Program?**

- » Whole Brain Development.
- » Improvement in overall result & performance.
- » Enhance IQ, EQ and SQ.
- » Improves retention capacity, concentration and focus on work.
- » Improves different thinking process. Understands creative, lateral, divergent thinking methodologies.
- » Memory and grasping power increases.
- » Overall personality improves and gets enhanced.

### **Who should undergo the training?**

Training can be imparted from 5 yrs and above. Students between the ages of 5yrs upto 12 yrs needs parental guidance to understand the logic behind application of a particular technique. We recommend that parents should also undergo the training sessions to help their kids (age up to 12yrs). Students from the age of 12 and above can understand both the logical and creative aspect of training process.

### **Does the training really help in improving the memory?**

YES. Research has proved it! Students are evaluated before and after the course. Evaluation proves that visual, sensory, kinesthetic memory improves during the course modules.

### **Does the training conflict with school / college / any course syllabus?**

In no way the training conflicts. Simple reason being the training helps the students to get best results by applying various techniques of memorization in long answers, complicated / difficult spellings, formula's, diagrams, chemical equations, history dates, geographical locations, binary numbers, maths, abstract images.etc.

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### **Students are loaded with lots of work, homework, extra activities. One more activity will pressurize him?**

Sports activity does not pressurize, but helps in building the overall development in a child. This is a play and learn concept. In this concept the child right from the first session shall get involved and create such an interest that pressure in his studies, homework shall be relieved and he/she shall find interest in all the subjects. Techniques shall act as a motivational factor.

### **How much improvement can be found after one starts with the training?**

You shall find the improvement and increase in I.Q (Intellectual Quotient) + E.Q ( Emotional Quotient ) right from the first session which will lead you to S.Q (Success Quotient).

### **My child is poor in Maths? Can he improve by undergoing training?**

Yes of course. And not only in math's he will gain interest and score high marks in other subjects as well. We have tremendous confidence in our program and same has been authenticated by our students in India and abroad, therefore we have it supported by a guarantee.

### **How I shall be different from others?**

#### **When you learn and practice the techniques you shall be:**

- » Able to memorize Words, Numbers, Images in any pattern i.e Sequentially, Reverse, etc.
- » Identify Human Names and Faces
- » Memorize formulas, codes, equations, long answers etc.
- » Memorize long numbers such as Mobile No's, Bank Account No's, and Alpha-Numerical Codes etc.
- » Mapping important information
- » Reproduce presentations, critical and statistical information
- » Identify Maps, locations, directions, abstract images.
- » Overall development of visual, kinesthetic, sensory memory.

#### **1. I am not able to complete my syllabus on time. What should I do?**

**Ans-** The foremost thing to look upon is time management. Always remember that the most important thing is to take out time, list out the areas you don't understand. It could be possible that you are putting most of your time on the chapters which does not carry many marks. Try to prioritize your chapters. Instead of using ROTE memory to study and complete the syllabus, use technique available such as association, Visualisation, Brain Mapping , Speed Reading etc. For more information refer our Brain Smart Program.

#### **2. What if I forget something while writing my paper?**

All the information that you learn consciously are stored in the subconscious mind permanently . If you happen to forget something that means you have not used proper system to remember it. Learn proper way of learning your syllabus.

**3. Do I need to follow the paper sequence while writing the answers?**

It would be better if you follow paper sequence.

**4. Does following past question papers helps in the preparation for examinations?**

Yes, it helps you a lot. Firstly it gives you a clear idea about type of question that comes, pattern of question paper, important chapters that need more focus to get good marks and most importantly it lessens your anxiety about attempting paper.

**5. My handwriting speed is very slow and because of that I am not able to complete my paper. Can something be done for me?**

First suggestion would be to attempt question carrying more marks so that maximum marks questions get attempted. The other thing that you can do is present your answer through images, picturisation , brain mapping etc.. Apart from this before writing any answer, organize your ideas and instead of writing it in details, try to write your answer in points. Never omit an entire question, write something- it may get you at least few marks.

**6. Does mugging the facts ensure good result?**

Mugging can take you short distance . It does not always ensure good results. You should be clear about the concepts, you should be able to visualize, interpret through words, examples or perform cognitive skills for achieving better results. If you know the meaning of the answer, you can attempt the question by answering it in your own language. But it is true that you have to memorize few important words as it increases the chance of scoring better marks.

**7. Should I make points or write in paragraphs?**

You have to make your answers as presentable as possible. Writing answers in point form makes it impressive, much clearer and creates interest in the examiner. Thus increases chances of getting good marks. Also, it will decrease the probability of leaving some questions unattempted.

**8. I don't have any fixed time for my studies. Is it alright?**

Fixing time for studies help in gaining attention and concentration easily to study. It's better to have fixed place and time for study with moderate flexibility. Goals support direction!!.

**9. Should I read the chapter first or should I learn only questions and answers that are given at the back of the chapter.**

Reading chapter would make it easy for you to attempt both questions- given at the end of chapter as well as those that come from in between the chapters. Learning questions directly given at the end would force you to mug up the answers, which will be remembered only for short time. Speed reading technique can help you to understand & recall at a certain speed. For more details refer our Brain –SMART program.

**10. There are few chapters which I cannot remember/ do not understand. Should I leave them?**

Firstly look at the chapter wise scoring scheme of the subject, if its very important chapter and many questions come from it , then it would be better not to leave that chapter otherwise you can think of leaving. With the help of sample papers try to look for repeated important questions that have been asked almost everytime and try to atleast memorize them. Take help of your teacher or friend to understand that answer that will help you in learning it. Another simple technique is to read the chapter before you go to sleep, as your subconscious brain helps you to memorise thing even when you are asleep . When you wake up in the morning again read the chapter and see the difference.

**11. I feel very sleepy whenever I study for quite a long time. What should I do?**

Take a short break after every 30-40 minutes for 10 minutes. Choose table- chair to study on instead of studying on bed. Try not to study one subject continuously that disinterests you for long time, take some interesting chapter in between to relieve your boredom, which is one of your reason for sleepiness.

**12. I get distracted after just 20-25 minutes of studying. How should I improve my concentration?**

To improve your concentration-

- **Stick to a routine**- draw a realistic revision schedule
- **Incentives** - create an incentive if necessary for successfully completing a task such going out, food treat etc.
- **Change topics** - changing the subject one studies every one to two hours for variety helps maintain concentration
- **Varying study activities**
- **Alternate reading with more active learning exercises** - if students have a lot of reading to do they can try the [PQ4R method](#) which is-
- **Preview:** Survey the material to get an idea of the general organization, major topics and subtopics. Look at headings and pictures to try to identify what one will be reading about.
- **Question:** Ask questions about the material as it is read. Use headings to ask questions (who, what, why, where).
- **Read:** Read the material. Try to answer own questions while reading.
- **Reflect:** Think about the material that was just read and try to make it meaningful by: **1)** relating it to things that one already knows about, **2)** relating the subtopics to primary topics, **3)** trying to resolve contradictions, **4)** trying to use the material to solve simulated problems.
- **Recite:** Practice remembering the information by stating points aloud and asking and answering questions. Use headings, highlighted words and notes on major ideas.
- **Review:** Actively review the material, focusing on asking yourself questions and rereading the material only when not sure of the answers.

**13. I get tensed whenever my friends enquire about my preparation. Should I stop talking to them?**

It could be possible that you become anxious about your preparation after talking to your friends and start viewing yourself in negative terms. Comparing yourself with others could be another reason for your tension. You can talk to your friends about other things but try not to talk about preparation as you already know that it increases your stress level which ultimately affects your preparation.

**14. My back starts aching when I sit on chair for a long time and thus my concentration fades. What can be done?**

You can alternate your place of studying by sitting on a chair for some time followed by sitting either on bed or on floor, whichever makes you feel comfortable. Take small breaks between longer hours of study.

**15. Just one month is left for examinations. Is it too late for starting preparations?**

Even if you start preparing now at your best level, you can do a lot. So start your preparation by making time table, looking for scoring chapters, easier chapters, prioritize accordingly. It's never too late. It's all about time management & proper memorization techniques . Please check Brain –SMART program for more information.

**16. Should I totally stop watching TV during my preparation days?**

If it is one of your stress reduction techniques then you can watch TV for some time but not for hours. It will help you in regaining your concentration to study well after a break.

**17. Does studying late at night always ensure good marks?**

It doesn't matter whether you study at night or in day, what matters is not the time of the day but what you study.& how you study. 7-8 hours of sleep is biologically essential for rejuvenation.

**18. Does studying from guides help?**

Studying from guides helps you in getting an idea about different kind of questions, important questions, previously solved papers, sample papers to help you in preparing which helps you in having a clear picture about the examination and thus reduces your fear.

**19. If I have not scored good marks in pre- boards then will I be able to get good marks in boards?**

There is no such criteria. We all are gifted & are born genius . We need to only understand our brain potential and learn the art , systems , tools & techniques for scoring good marks in the examination. For more detail refer our program Brain-SMART.

**20. What if I do not get marks according to my parent's expectations?**

Always remember that this is not your last examination. Try and reflect upon the probable causative factors and also ensure that your parent's expectations match with your personal abilities and competence and then communicate this to them.

**21. How should I prepare a good time table? My time table does not seem to work.**

Perhaps your timetable does not cater to your individual needs i.e. once concentration span, sitting capacity, learning style and course to cover. Also remember to incorporate the knowledge of best study times for you i.e. are you a morning person, who is able to study comfortably during morning hours or night person, who can comfortably study late at night.

**22. I can't study early in morning. Will my preparation suffers from this?**

First understand whether you are an owl or a lark. If you can study late at night but cannot feel fresh when you get up early to study then you must sleep late after studying and get up later in the morning. It's you who have to decide, when you can study well.

**23. Whatever I have prepared, I am not confident of remembering it till my examination day. It is making me tensed. What should I do?**

To start with, you should preview the test by going through old papers to avoid any unexpected surprises and anxiety. Be very much clear with the time allotted for attempting paper. Understand that going to the examination hall stress free with a blank mind is a good sign. Atleast taking six hours of sleep before the examination is essential thing to do.

**24. What if I don't get the marks I'm expecting?**

Following tips are easy to adopt:

- Concentrate on your achievements and be realistic about your expectations as well.
- Usually we know when we have made a mistake, so take these into account while drawing up expected marks.
- The option of rechecking is always open.

**25. I've read that exercise is good to be done during examinations. Is it true? What does it do?**

The fact is that exercise is all the more necessary during examination time because not only is it a "stress buster" but also has many health benefits needed to keep fit during examination. As with any a machine to keep in good running condition, it requires maintenance or it will develop problems in various parts or rust due to disuse. Similarly if all our body parts are not moved effectively, as in exercise, the body parts will fail and then you will get physical problems like lack of stamina, excessive sleep, headache, muscle pains, fatigue etc. You will also get mental problems like feeling low or depressed, inability to concentrate, poor memory etc.

Various advantages of doing exercise are-

- Regular aerobic exercise releases chemicals in our body- These make you feel happy.
- They counter the effects of stress, depression and anxiety that all students suffer from during examination time.

**26. Why are studies so boring?**

Most of the times, we are quite aware of WHAT need to be studied. But we have never really thought of the WHY & HOW? Most of us thus see studying as just a means to an end, the end of course being a good grade or top marks. Now, when one feels, at the very outset itself, unsure about this end point, how CAN one be enthusiastic about studying?!

For instance, you are thinking to yourself, "I better study properly because I really must top the class this year".... or, "I must get a first class or my parents will feel upset"..... then the natural next thought is, "Oh no, I doubt I can make it to those kind of marks! I might just do so badly that everyone will make fun of me, or be disappointed.....I guess it's safer not to try. "

Check our Brain SMART module which can make your life stress free and happy.

**27. What is the most important thing when developing good study skills?**

**Ans** - Well simply remember, the key is YOU..... the material or what you do with it. If you are motivated, confident and keen to make it to the next stage of life in your career, you are bound to do as well as you possible can. Also remember to keep your mind, sharp! It is all you have on your side, to win the game. The mind must be well rested so eat, well and sleep well. You need to be in good health to be able to concentrate so, it follows that some physical exercise preferably some outdoor activity in the fresh open air would help.

Students find it odd when they are told to "eat, sleep and exercise" rather than "study, learn and reproduce" but it is a medical fact that a healthy mind can only be in a healthy body! So do not push yourself too hard. Rather, use good time management skills ,memory techniques and ensure that you begin work well in time, so that you are not stressed out.