







3 Quick Tips to Get Motivation for IPPB Mains & Rock the Exam!

The IPPB Clerk Mains are going to begin at the end of this week. IPPB exam is taking place for the first time and that too in multiple stages! The exam is bringing a lot of stress to most of you since you have absolutely no concrete idea about what is going to be asked in the IPPB Mains. To calm your anxiety levels down and help you understand the level of IPPB exam, we had earlier provided you a free Model Test
Paper with a Detailed Answer Key. Now all you need is to gather enough confidence and motivation for the IPPB Mains before you can be fully ready to rock the exam. Go through this article to get a boost your spirits for the IPPB Mains exam.

If you like this article, download it as PDF and read it whenever you find yourself getting nervous for any exam.

Inspiration? "You can and you will!"

"When you feel like quitting, think about why you started."— Anonymous

Often, we set our goals with determination but hallway, the process of achieving them begins to feel overwhelmingly daunting. It's completely okay to experience exam anxiety and be scared about your preparation level. However, **success is achieved by facing your fears, not by running from them**.

A True Story of Success and Courage

When **M.S. Dhoni**, the captain of Indian National Cricket Team was still working as a *ticket collector* in the railways and was clueless about what to do in life, his boss A.K Ganguly told him, "Each ball in life is not the same. Hold your ground by playing according to the situation and the scoreboard will take care













of itself." This is what made M.S. Dhoni stick to the career path that he thought was the most stable and lucrative for him.

Practical Tips & Motivation for IPPB Mains

The above anecdote tells you that whether you are preparing for the first time or you have had your share of failures, you need to keep up the zeal. **Irrespective of what the world thinks of you and how up or below you are placed in the result list, only you are your ultimate source of support, inspiration and motivation**.

All you need to figure out is how to cover the syllabus and assimilate tricky concepts to pass the IPPB Mains. Here are some activities, which can tremendously help you through your revision sessions and provide you motivation for IPPB Mains exam:

#1.) Tricks to Improve Concentration

- Study in a peaceful place. A place with less noise and activity would let you immerse in your books and notes 100%.
- Find the time of the day when you feel most productive and study at that time.
 Some people are able to concentrate more in the morning while others find the quiet of the night more focus-friendly.
- Don't let worrisome thoughts bother you. Whatever will happen will happen.
 But right now, all you need to do is study meticulously and leave the problems out of your study schedule.
- Study in intervals, take breaks to rejuvenate when you feel tired. Know when to conserve your energy and when to execute it.
- Make sure you eat healthy, stay hydrated and feel fresh. These things tend to enhance your **attention span and focus**.
- Divide chapters in manageable small chunks maintain concentration and flow. The sense of achievement when you accomplish small chapters will motivate you to aim higher and achieve more.

















#2.) Enhance your Retention - Work on your Memory

- Visually imagining problems, factual events and solutions will sharpen memory. At the same time, writing helps you remember better. Know which way to approach each topic.
- If you are achieving the goals set by yourself and analysing your performance constantly, you don't have much to worry about. Just keep practicing without tension.
- Your mental health is as important as your physical health.
- Certain topics require you to make brain-maps by drawing flow-charts, etc. for clear thinking. So prepare crisp and clear notes and refer them from time to time to remember the structure of various topics.

#3.) Learn to Love your Goals Unconditionally

- Develop natural inclination towards learning.
- Dreams converted into goals make studies a pleasure.
- Keep a receptive mind towards knowledge and information.
- Spare time for recreation. It is food for mind.

In a nutshell...

- Learn with the help of structural planning and writing things down.
- Improve conceptual clarity to improve your confidence.
- Form a study group and avoid time-wasting activities.
- Don't resort to selective studies.
- Exercise for at least 15 minutes every day and meditate too. Don't let negativity creep in; what we think is in our control.

We hope that this article provides you enough motivation for IPPB Mains exam as well as for your other endeavours. If you are looking for more tips to crack this exam then checkout these articles:











Expected Cut Offs IPPB Mains







