

# 8 Things to Follow During UPSC Preparation

UPSC Civil Service Exam is one of the toughest exams in India. One can argue that it is the toughest exam since the range of subjects covered, the depth of knowledge required is akin to an Ocean. To make things more difficult the number of people appearing for this exam and the number of vacancies available, makes it a herculean task to clear the UPSC Civil Services Exam. Hence there needs to be a clear cut strategy in place that needs to be executed carefully if a candidate needs to increase his/her chance of clearing the UPSC Civil Service Exam. The below article gives 8 tips candidates must ingrain in their UPSC Exam Preparation strategy.

## Stress

This is an important battle that everyone should tackle with great deal of earnestness. It is very much possible that candidates will start facing stress right from the beginning due to the magnitude of syllabus one has to learn, memorise, retain in a short span of time. There will be plenty of subjects one has to study but finds it difficult to grasp. It is a natural human tendency to start comparing yourself with other candidates, all these factors lead to a great deal of stress and ultimately lose the battle even before it is fought. Hence candidates always must work on maintaining a cool mind, free of stress. One must always remember that with a stress free mind all the hurdles can be overcome.

## Making Notes

One should never fail to make notes. The activity of making notes should be followed diligently on a daily basis. It is impossible to remember each and every information and write the answers in clear and lucid manner on the day of the examination without making personal notes on a regular basis.

## Revision

As the preparation moves to an advanced stage it would not be easy to recollect all the pertinent information needed to answer the questions in the UPSC examination. Hence one needs to keep revising one's personal notes on a regular basis and keep recollecting. This will make it easier to recollect faster and very clearly during the UPSC examination.

## Time Management

This is one of the most crucial aspects of UPSC preparation. Without time management one would not be able to cover all the syllabus of the UPSC examination. Hence one needs to manage time by allocating the time needed for different subjects, it would vary keeping in mind

the complexity of a topic. Keep in mind to allocate time for refreshing your mind. Without refreshing your mind the productivity will always come down.

### **Previous Year Question Paper and Mock Tests**

Without fail go through at least 10 to 15 years previous years UPSC question papers. This will help in guiding your preparation and, to make sure that the preparation is on the right path, keep practicing as many mock tests as possible. This will sharpen your answers and prepare yourself for the most important day.

### **Speed**

This is a crucial component of clearing any exam. To achieve the optimal speed one has to keep practice writing very vigorously during the preparation phase. This will help in increasing the speed as well as improve the handwriting.

### **Books, Magazines & Newspapers**

Read limited books. Don't overburden yourself with all the books available in the market, rather just stick to the best books available in the market for a particular subject. Read one newspaper like The Hindu, which provides fairly good analysis in the editorial pages. Reading those not only increases your power to analyse a particular subject but also helps in improving your language and writing skills. On top of that, read important magazines like Kurukshetra, Yojana, Economic & Political Weekly, Science Reporter. Sticking to these magazines and newspapers should make your preparation very strong and help you prepare in the right direction.

### **Healthy Food & Water**

Always stick to healthy food and keep drinking lots of water. Only if health is in good condition, the mind would function at optimum levels and one will have the energy to put in longer hours of preparation which is imperative for the UPSC exam.