I'm not robot!

The end of spring and the beginning of summer is where the nightmare begins for most students. Burning the midnight oil, as they say, as we sit in groups in the library trying to catch up with everyone else. As we lean upon one another to help and grow together, the cooperation that was absent throughout the semester happens overnight. This is the time of final exams. However, during this time is when many fail to realize that being calm and collective is the key to concentration and successfully getting through finals. Here are a few pointers that might help you get through your finals and move on to an amazing summer. 1. Choose An Appropriate Study Time. Our bodies are unique. Therefore, our biological clocks are programmed differently too. That means that adapting your routine to everyone else's can bring you more harm than good. As your body suffers from trying to force itself to absorb all the information, you'll eventually tire yourself out and the whole session won't be as productive. Scroll down to continue reading article Scroll down to continue reading increase your efficiency and you'll be able to carry on the same energy flow for a longer period. This methodology also increases your ability to concentrate, hence you needn't worry about forgetting what you've learned. 2. Keep Sweets Of Different Colors And Flavors With You. Sweets are one of the world's great gifts. As the delicious, sugary goodness oozes down your throat, you realize what a good day feels likes. Also, you may not have known that munching on sweets while studying allows you to increase your attention span. This gives you the ammunition to concentrate longer and remember better. There's also something called "association memory," where your memory associates what you taste, smell, or feel with a particular memory. Keeping this in mind, munching on something sweet with either varied colors or tastes will allow you to associate that particular subject with the sweet. Then, during the exams, your subconscious memory will trigger the knowledge needed for you to ace that particular subject with the sweet. Then, during the exams, your subconscious memory will trigger the knowledge needed for you to ace that particular subject with the sweet. sweets with you to your exam! Scroll down to continue reading article Scroll down to c on the treadmill of information and it eventually tires itself. This is exactly when you start losing your concentration and focus on whatever it is that you're doing. Huge companies such as Google have created various spaces for activities that allow your mind to breathe again, as a way of inducing a more efficient workforce. Why don't you create your own time for leisure too? It could be binge reading your favorite novels, catching up on your favorite series, or making a good meal to treat yourself — just do something to get your mind off studying for a short period of time. 4. Have A Hot Flask Next To You. Have you noticed that in most Hollywood movies, you find a group of students sitting in a corner studying while sipping on a mug of coffee or a huge pot of tea? There's an interesting reason for this. Studies have shown that taking the time to slow down while studying allows your brain to digest information better compared to the normal robotic munching of information. Scroll down to continue reading article Scroll down to continue reading article . Keep a hot flask with you and take a sip of your favorite beverage while studying. Even though you're down to the wire, rushing the process doesn't quite help — even if you've completed all the chapters. Instead, enjoy your beverage while going through the process of learning — what could be better than making learning a fun and relaxing activity? 5. Have A Great Playlist. They say always save the best for last, and the one recommendation which every student knows is to have a great playlist of songs which tender the mood. Music is related to associated memory and it can also calm your now-speeding mind. This gives you the centered emotion you need to overcome each chapter of your studies. Have a playlist of calm studying music — there are many on YouTube and Spotify — and listen to it while you're studying. It can help you lose track of time and forget just how long you've been hitting the books. In other words, music helps in tricking your mind to work more. Scroll down to continue reading article Source. Scroll down to continue reading article • If you have a great playlist set before flipping through your books, studying will seem a lot less like work. Even though finals is a time when as students we feel suffocated, using various adapting mechanisms can make this period a breeze. After all, this process is part of enjoying life as a student and the evolution of you as a person. As they say, first come finals, then comes summer. Featured photo credit: Students Studying via az616578.vo.msecnd.net Studying via az616578.vo.msecnd.net Central Bank of India SO Syllabus 2019: Central Bank of India has released Syllabus & Exam Pattern for Specialist Officer post. The bank has earlier released notification for Central Bank of India So Recruitment 2019. Notification is out for filling up of 74 Specialist Officers vacancies. Eventually Central Bank of India So Syllabus & Exam Pattern 2019 and posted here for easy reference of aspirants. So candidates can refer our page to download latest Central Bank of India Syllabus. Online Exam Center: The on-line Test is proposed to be held on 21.12.2019 at Ahmedabad, Bengaluru, Bhubaneshwar, Bhopal, Chennai, Chandigarh, Delhi, Guwahati, Hyderabad, Jaipur, Kolkata, Lucknow, Mumbai, Pune, Raipur & Patna Centers. The allocated Centre / Venue for the Examination will be intimated through Call Letter. Central Bank of India SO Exam Pattern 2019:Central Bank of India Specialist Officer Online Written Test consists of three divisions as mentioned below.S.No.Name of the TestNo. of Questions (Security) 6060Composite time of 60 Minutes 2 Computer Knowledge 20203 Banking, Present Economic Scenario & General Awareness2020Total100100Note: The test will be of bilingual, i.e. English and Hindi. All questions will be of objective type with five options. There will be of objective type with five options. There will be of objective type with five options. There will be of objective type with five options. There will be of objective type with five options. 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Revenue of Central Govt. Taxes on Income Source of IncomeTypes of GoodsSome Macro Economic IndicatorsImportant Links: For more job updates, follow Jobs Cloud on Facebook, Twitter, Instagram and join our community on Telegram.

