AILET

CLAT 2020: Do’s and Dont’s for the Big Day

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CLAT 2020 is on 28th September.

The last time I waited this long for something to happen it was for the movie Endgame to hit the theatres.

We have all been waiting for this exam, mostly patiently. Amidst all the news, ruckus and uncertainty, the exam is here.

Most of you have worked hard and have prepared every subject to the letter, all that hard work will be put to use in less than a week. As for those who could not give their all in the preparation, everyone understands and supports you, there was a pandemic at hand and all of us had a tough time concentrating.

I say this with an experience that a lot can change on the exam day. There are students who have prepared well but could not score due to circumstances on the exam day. Some have missed the exam altogether and then there are those who did not expect to score so well and eventually did.

It is safe to assume that the exam day has a lot to offer and we should keep in mind that until we walk out of the exam hall, we are not to let out guard down.

Here are a few things that will help you in making the most of the exam day.

Sleep Schedule

I understand that a hectic preparation routine and the global lockdown has left our sleep schedule in a damaged state but with a few days at hand, please do correct your timing.

If you are awake during the night and sleep during the day, I suggest you make some immediate changes to that routine because all the preparation in the world will not help you if you fall asleep during the paper or even if you are sleepy.

Go to bed on time and wake up on time. No matter what happens DO NOT sleep during the day from today onwards.

Diet

If you wake up and sleep on time but eat less in the morning and expect a heavy lunch in the afternoon, you need to make some changes.

It will be a problem if halfway through the paper you get extremely hungry. Hunger can not only affect your mood but also your concentration and accuracy.

Adjust your lunch timing according to the exam schedule and don't go for the exam on an empty stomach.

Travel

Where is your exam centre?

Have you seen the exact location?

Do you know how much time it takes to reach in peak traffic?

Visit your exam centre once in heavy traffic and estimate the time you need. We suggest you reach an hour early at the location, this way if something goes wrong you will have an hour extra to make ad hoc changes.

Clothes

CLAT is not an occasion to showcase your wardrobe.

Don't misunderstand, while being presentable and dressing well is a good habit, focus on comfort for CLAT.

Do not wear those trousers if you feel you have put on a few extra pounds and it might make sitting for 2 hours a little tough. Even slight discomfort will add to your problems.

You should dress in comfortable clothes so that you have one less thing to worry about.

Water

Water is essential for survival but do you know that it also helps calm you down.

A few questions might get you stumped and the normal biological reaction would be stress which will cause you to either sweat or get dry mouth. Fight it off with a gulp of water and then continue to solve questions. Always remember it is important to stay hydrated.

Carry a bottle to the centre. Buy a sealed bottle of mineral water to avoid any problems with the invigilator, make sure you peel off the label to be extra cautious.

Corona

This is unique to CLAT 2020 only (hopefully).

Please avoid going out to public places starting today as there is a good chance that you do not have the virus but may catch it. Just to be sure, get yourself into a 4-day quarantine to avoid catching the virus.

On the day of the exam, make sure you are well equipped with essentials to combat the situation.

Wear a mask at all times and perhaps a face shield to stop yourself from touching your face on the big day. Keep hand sanitiser with you at all times. Use the sanitiser on your hands after touching any surface on the day of the exam. It can be the doorknob to your house or the handle of your bike. Do not risk it.

Meditation

It is stressful, we all get it.

Meditation helps, we all recommend it.

Practice breathing exercises a few times a day for the next couple of days (even beyond if you like it).

Stay calm and focused.

Keep the above advice in mind for CLAT 2020.

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