BLOGS

How to Stay Motivated to Study for CLAT (& Other Exams)?

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Often during our CLAT prep, we find ourselves in a slump. Despite having a mountain of things to do at the back of our minds, we either think we've finished our preparation or we tend to get overwhelmed at the number of things left to be completed!

Our mock scores start to stagnate and solving a hundred passages doesn't seem to help push your score up. It feels like you are one failed sectional test away from quitting. Which brings us to the age-old question- How to stay motivated to study?

Here are a few tips you can employ to ensure you stay motivated to study:

1. Take a break

We know, we know. It sounds cliched, but it actually works. CLAT is undoubtedly a preparation intensive examination. Studying the same topics 8 hours a day for 9-12 months is most certainly walking you towards a burnout.

Learn to take frequent breaks. Most people find using study routines like the **Pomodoro technique** are quite helpful. Take an occasional Sunday off, don't be guilty to spend a day having fun with your family and friends, go for a walk, meditate.

No matter how many people shower us with the 'take a break' advice, more often than not, even on our day off, we worry about the math test we would have to take the next day, or how we lost out on so many hours because we were having fun. But it is so important to pace yourself to avoid getting burnt out towards the end when it matters the most.

2. Switch things up!

Start the day by picking up a section you love to lift your spirits. One of the most important advice when asked how to stay motivated to study is THIS!!

Maybe you enjoy solving math, pick up some challenging questions, then switch to some GK topics, circle back to some vocabulary words and end the day with a couple of **sectional tests**. Sometimes it helps to move things around to get yourself excited to study.

It always helps to make a to-do list at the start of the day with different topics you plan on covering. Be as specific as you can. Maybe you intend to cover 5 GK topics, which topics are these? Write them down. This helps you stay on track and focused whilst having fun.

3. Attempt a Mock

I know. It sounds absurd, doesn't it? Why would one choose to pick up the single-most tedious, emotionally draining part of the entirety of their prep, the very moment they don't want to study in the first place?

But you will be surprised with just how helpful this trick is. Sit yourself down and pick up a mock test and just start doing it. Don't think about doing well, or strategically solving questions. Just get into it.

The first 15 minutes will be a pain to get through, stay patient and keep solving. At the end of it, maybe you get a terrible score, in which case you have the reality check you need.

You become aware that this is where you stand, and this is where you need to be. If you do great, you're filled with a sense of 'I did it!' it's a great confidence boost. And regardless, the fact that you sat through a mock and did it, gives you a sense of accomplishment which gets you back into the groove.

4. Join Study Groups or Forums

Interact with peers or online communities like CLATalogue to discuss topics, ask questions, or share resources. This helps in maintaining a positive and competitive environment.

Studying on your own can sometimes feel isolating, but when you're part of a group, it feels more engaging. You can bounce ideas off each other, ask questions when you're stuck, or just share tips and tricks you've picked up along the way.

Plus, study groups or forums keep you motivated. When you see others making progress or sharing their success stories, it pushes you to keep going. It's not about competition but being in

an environment where everyone is working toward the same goal.

Click here to join CLATalogue's Community of Aspiring Lawyers today!

5. Visualize Your Success

Think about this: Imagine yourself on the day you receive your CLAT results. You've scored high enough to get into your dream law school. Picture walking into that campus for the first time, meeting new people, sitting in on law lectures, and knowing that all your hard work paid off. This mental image can act as fuel, especially on days when you're feeling overwhelmed or tired.

When you visualize your success, you're reminding yourself of why you started this journey in the first place. It's easy to lose sight of the bigger picture when you're bogged down with books, mocks, and revision, but taking a moment to think about the end goal can really help push through those tough moments.

Plus, when you focus on what you want to achieve, you naturally start working towards it. It's like giving your brain a sneak peek of the future, which can make your study sessions feel more purposeful.

Read More: A Day in the Life of a Student at NLSIU

We hope this helped! What do you do to get back on track?

Note: This post was updated and republished.