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2 Weeks Left for IHBAS

M.Phil Clinical Psychology 2025



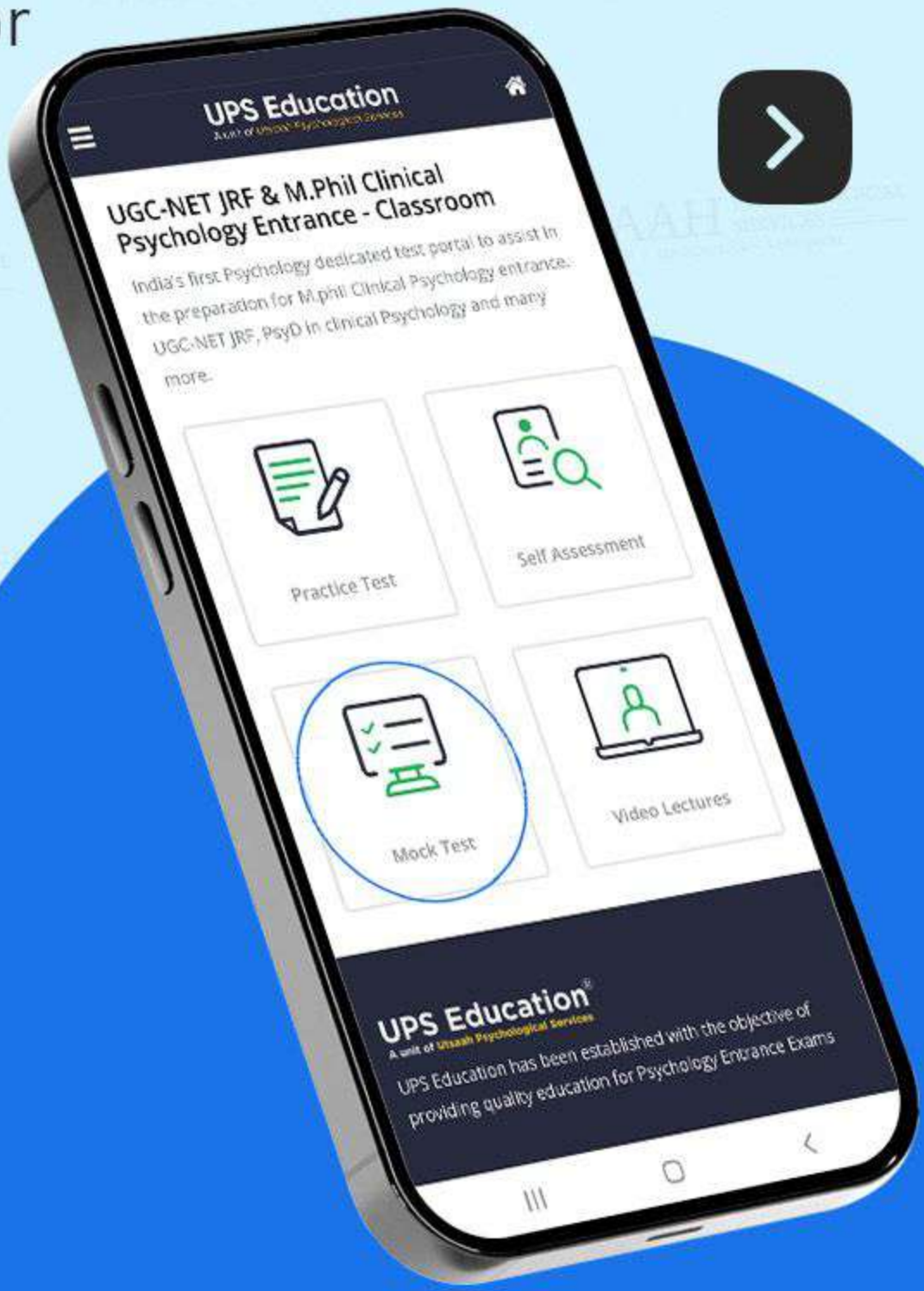
Here's exactly what you should focus on

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Take Mock Tests

- Give a full-length practice test every couple of days.
- Try it at the same time as the real exam to train your brain for that morning.



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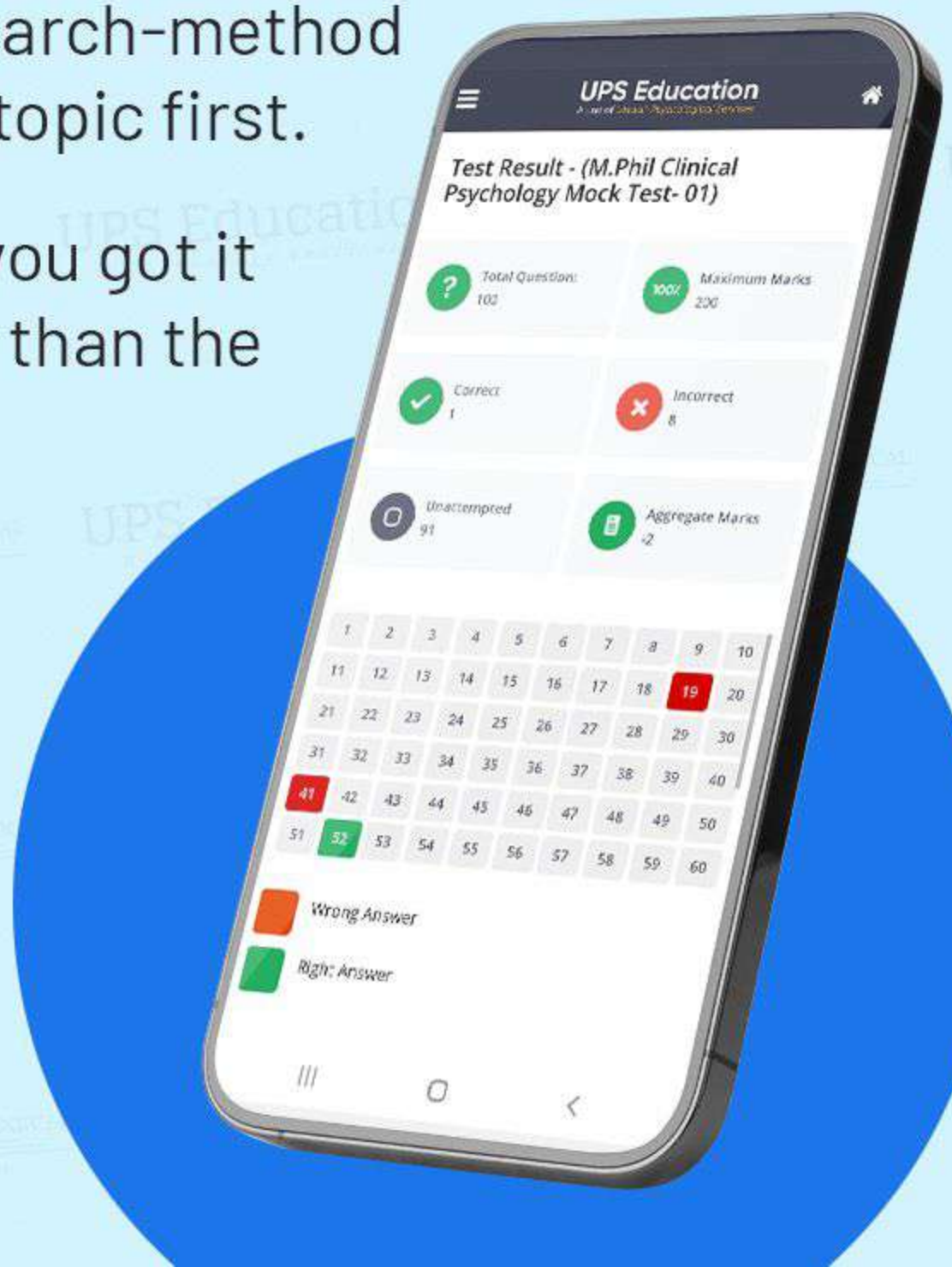
Check Your Mistakes

- Don’t just look at the marks.

Example:

If you always miss research-method questions, revise that topic first.

- Understanding why you got it wrong matters more than the score.



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Clear Doubts Early

- Call your teacher, message a senior, or ask in your study group.
- Even a small confusion—like a tricky statistics formula—can cost marks if you carry it to exam day.

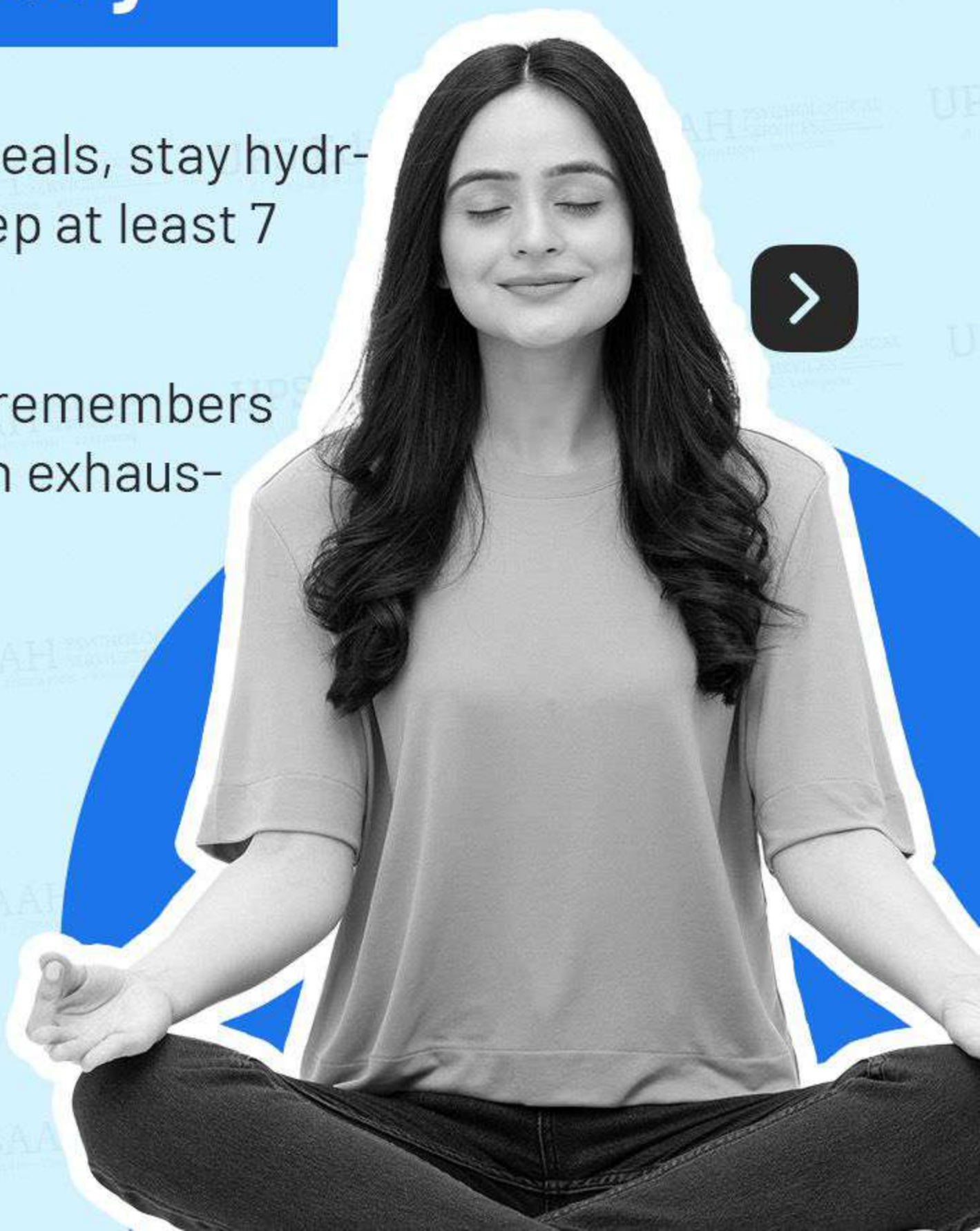


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Look After Your Mind & Body

- Eat regular meals, stay hydrated, and sleep at least 7 hours.
- A fresh mind remembers better than an exhausted one.



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Stay Confident

- You've already done the hard work.
- Remind yourself of topics you've mastered, so you walk in calm.



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Important Date



Exam Day:

28 September 2025, (Sunday)

Double-check your admit card,centre location, and travel plan this week itself.

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