UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Everyone Prepares Like This...

But Successful Students Do THIS Instead



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



The Common Mistake

Most students start by covering everything.
They read, highlight, revise… and still feel lost.
Why? Because they’re focusing on quantity, not quality.



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



Success = Smart Reading

Successful students read to master topics with understanding and score better, not just to 'complete' them.

- They target high-weightage areas and recurring questions.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

They Don’t Sit on Doubts

- They ask questions.
- They reach out to mentors immediately.
- No overthinking, no waiting — just clarity and progress.



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



How They Prioritize

Others go chapter by chapter.

1. High-weightage topics

2. Medium ones

3. Low-priority stuff

Smart students create a strategy:

It helps them study what matters.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Revise as You Go

They don't wait till the end to revise.

They revise while learning using:

- Mind maps
- Short notes
- Quick reviews

It sticks better — and saves last-minute panic.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Power of Tracking

They also track their prep:
What's done, what's pending, what needs revision.

It keeps them in control and reduces burnout.



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

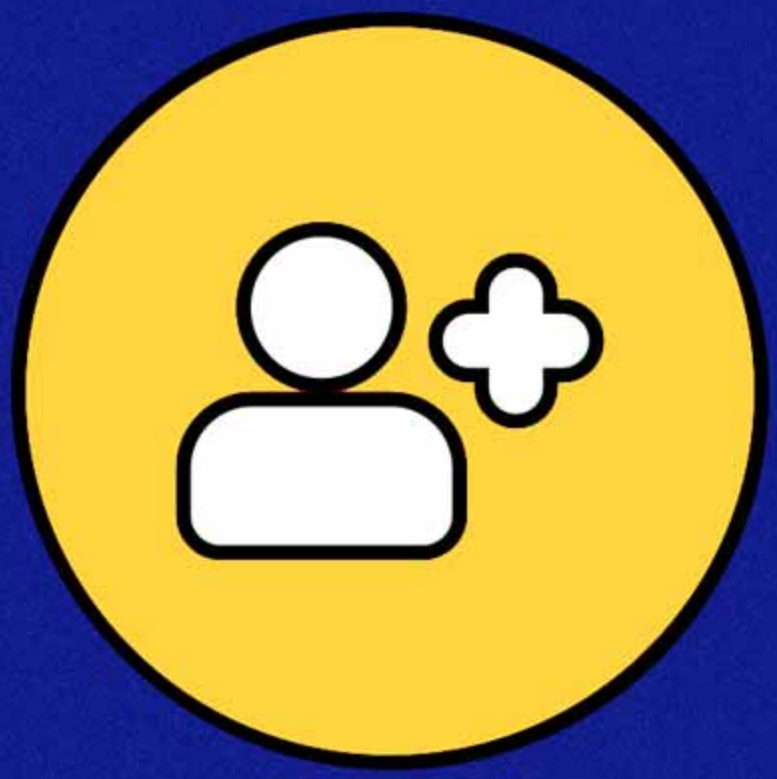


Using Psychology to Crack Psychology

And finally, they study like psychologists. They use spaced repetition, active recall, and interleaving —proven brain hacks to remember better and recall faster.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



Smart Study Beats Hard Study

Follow for more smart prep tips that actually work.

Follow us on :

@upseducation

UPS Education®
A unit of Utsaah Psychological Services

UGC NET & M.PHIL CLINICAL PSYCHOLOGY

ENTRANCE 2025



- Classes by Dr. Arvind Otta
- Highest Success Rate
- Online Mock Test / Self-Assessment
- Well Researched Print Study Material
- Practice Sets / Previous Year Papers
- Doubt Sessions & Interview Tips
- #1 Psychology eLearning Portal
- Customised Support

Classroom Online

*Limited seats available

Reserve your SEAT today for this batch!!

Enroll now

www.upseducation.In

+91 99907 17772