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UTSAAH PSYCHOLOGICAL SERVICES
HEALTH — EDUCATION — RESEARCH

3 Day's Study Plan

UGC NET JRF
PSYCHOLOGY

Arvind Otta

Save this

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1

Before you begin

Identify **3 chapters**
where you face the most difficulty

These will be your priority areas

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2

Every day

Attempt **2 Previous Year Question Papers (Use our free eBook or Portal)**

- One in the **morning**
- One in the **evening**

Focus on accuracy, not speed.

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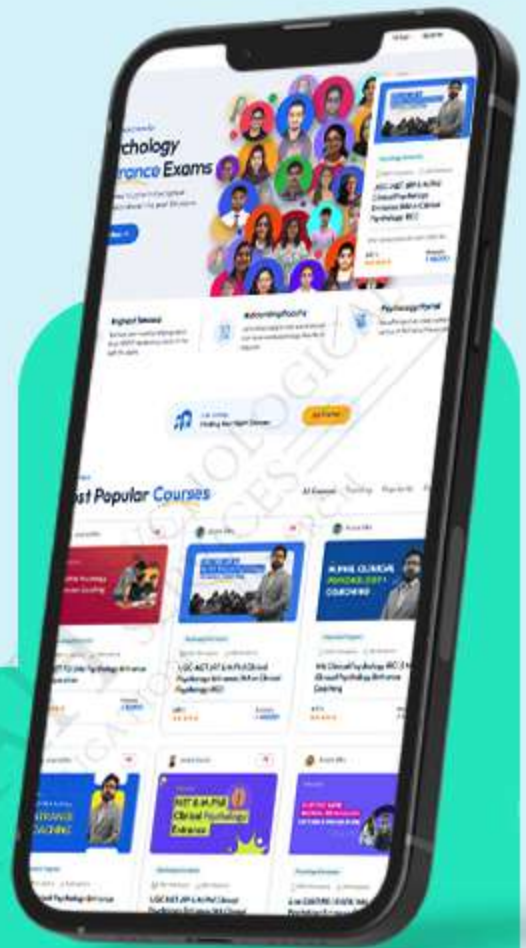

3

At noon

Take **1 chapter-wise practice test**

from the **UPS Education eLearning Portal**

Based on your weak chapters

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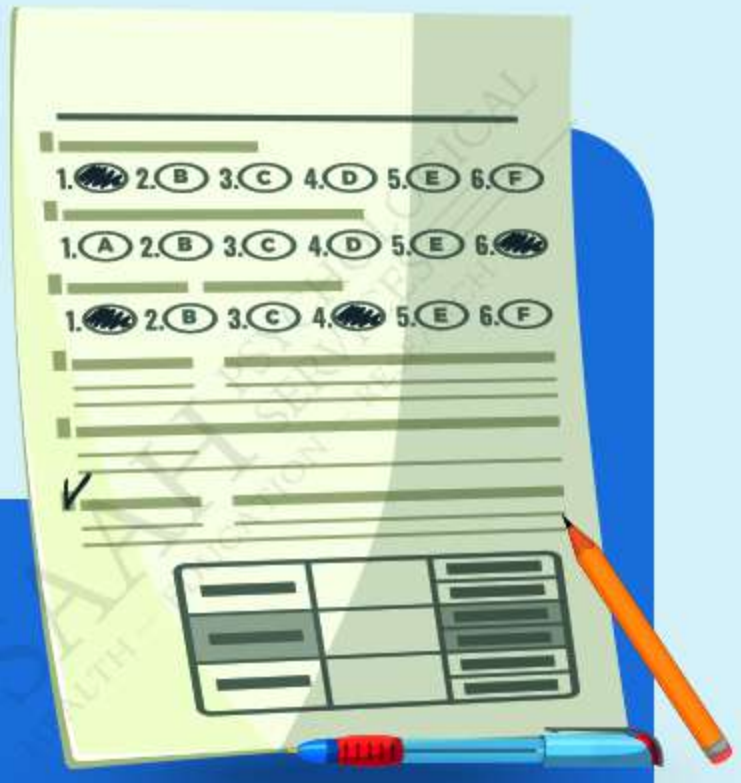

4

After every test

Go to **analysis**
Review each mistake
Understand the correct approach
Note what went wrong

Only then move forward

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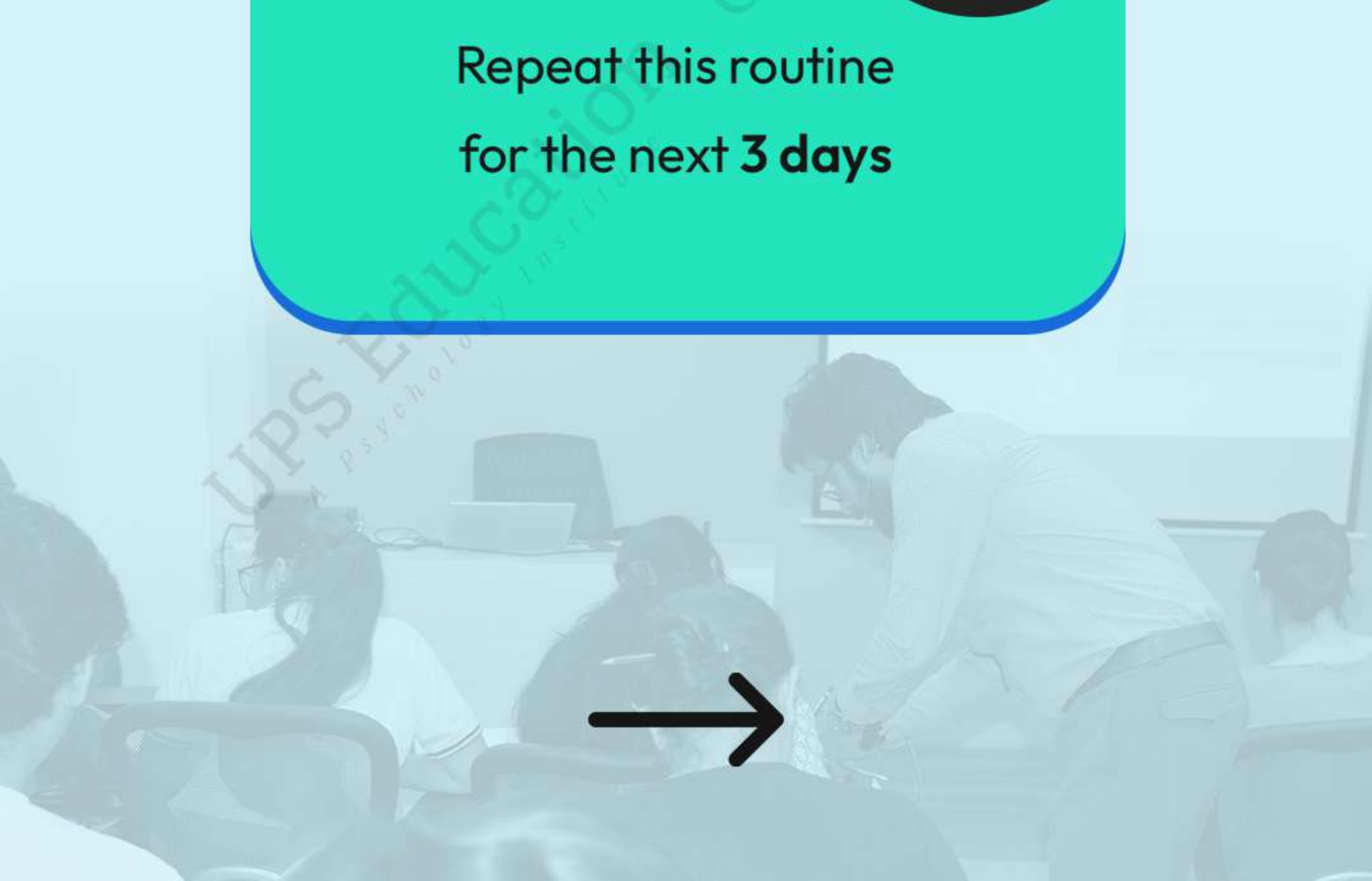
5

Repeat this routine

for the next **3 days**



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Mistakes are okay, but
we have to work on them.

Don't Overthink

You are preparing

Your every effort will help in the exam

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