



INNERMINED

Mindset for Cracking Exams



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Next 75 minutes

We share expert tips and tools for:

- **Facts** about IIT / JEE & NEET Exam
- **Top Mistakes** Rankers Don't make
- **What skills** do Highly competitive exams test for
- **How to Crack** JEE/NEET
- **Role of Parents and Teachers**
- **Q & A**

What Parents want?

time management
child motivation
study habits career clarity
parent role & support
exam stress & anxiety
exam strategy
confidence & self belief

What Teachers want?

coaching & resources
neet preparation
career guidance
time management
school vs competitive balance
exam fear & stress
study methods
exam strategy
law exams
mindset & resilience
government exams
focus & motivation
jee preparation
parent guidance

What Students want?

exam anxiety neet preparation
career clarity
time management
focus & concentration
exam strategy motivation
jee preparation
study methods

mock tests & scores

relevance of
JEE/NEET in AI era era

Facts about JEE & NEET Exam



भारतीय तंत्रज्ञान संस्था मुंबई

भारतीय प्रौद्योगिकी संस्थान मुंबई

INDIAN INSTITUTE OF TECHNOLOGY BOMBAY

JEE

Joint Entrance Examination

Exam Process and Structure: Two Stages:

1

JEE Main

Paper 1 - B.E./B.Tech (300 marks)

Paper 2 - B.Arch./B.Plan. (400 marks)

Eligibility test for JEE Advanced

2

JEE Advanced

Paper 1 (180 marks)

Paper 2 (180 marks)

JEE MAIN (Paper 1)

B.E./B.Tech | 300 Marks | 3 Hours (4 hours for PWD)

Total Questions: 75

25 Questions
Mathematics

25 Questions
Physics

25 Questions
Chemistry

Marking: +4 for correct answer, -1 for wrong answer, 0 for unattempted
Question Types - MCQ (20 per subject) & Numerical Value (5 per subject)

Language of Exam - English, Hindi, Assamese, Bengali, Gujarati, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil, Telugu, and Urdu

JEE MAIN - Paper 2

400 Marks | 3 Hours (4 hours for PWD)

Paper 2A (Online + Offline) - B.Arch

Total Questions: 77

25 Questions
Mathematics

50 Questions
Aptitude

2 Questions
Drawing

Question Types - MCQ, Numerical, Drawing Aptitude

Paper 2B (Online) - B.Plan.

Total Questions: 105

30 Questions
Mathematics

50 Questions
Aptitude

25 Questions
Drawing

Question Types - MCQ, Numerical

JEE ADVANCE

360 Marks | 6 Hours (3 hours per paper) | For PwD Candidates, extra 1 hour per paper

Two compulsory papers (Paper 1 and Paper 2), each with questions from Maths, Physics, Chemistry

Question Types

Vary each year; typically include:

- Single correct MCQs, Multiple correct MCQs (one or more options)
- Numerical value answer type (decimal or integer)
- Matching/list-type
- Paragraph-based, etc.

Marking - Variable scheme with full marks (+3 or +4), partial marks, negative marking (-1 or -2 in some sections) for wrong answers, and zero marks for no attempt

The IIT Landscape

IIT Madras

IIT Guwahati

IIT Gandhinagar

IIT Tirupati

IIT Delhi

IIT Hyderabad

IIT Mandi

IIT Palakkad

IIT Bombay

IIT BHU

IIT Jodhpur

IIT Bhilai

IIT Kanpur

IIT Indore

IIT Ropar

IIT Dharwad

IIT Kharagpur

IIT Dhanbad

IIT Bhubaneswar

IIT Goa

IIT Roorkee

IIT Patna

IIT Jammu

REALITY CHECK

NIRF Rank

1 IIT Madras

1134 seats

2 IIT Delhi

1209 seats

3 IIT Bombay

1356 seats

4 IIT Kanpur

1210 seats

5 IIT Kharagpur

1869 seats

14,15,110

candidates for JEE Main 2024

180,200

candidates for JEE Advance

3.7%

selection from Advance

0.5%

top IITs

NEET

(National Eligibility cum Entrance Test - Undergraduate)

720 marks | 3 hours 20 minutes duration | Single-stage pen-and-paper exam

In 2024,

~23.33 lakh candidates appeared >>> **~13.16 lakh** candidates qualified.

Total Questions: 180

45 Questions
Physics

45 Questions
Chemistry

90 Questions
Biology

+4 for correct answer, -1 for incorrect, 0 for unanswered

REALITY CHECK

819

TOTAL COLLEGES
(319 government + 500 private)

~1.29 lakh

STUDENTS

~58,450

**GOVERNMENT
MBBS**

~70,576

PRIVATE MBBS

~27,868

BDS

~52,720

AYUSH

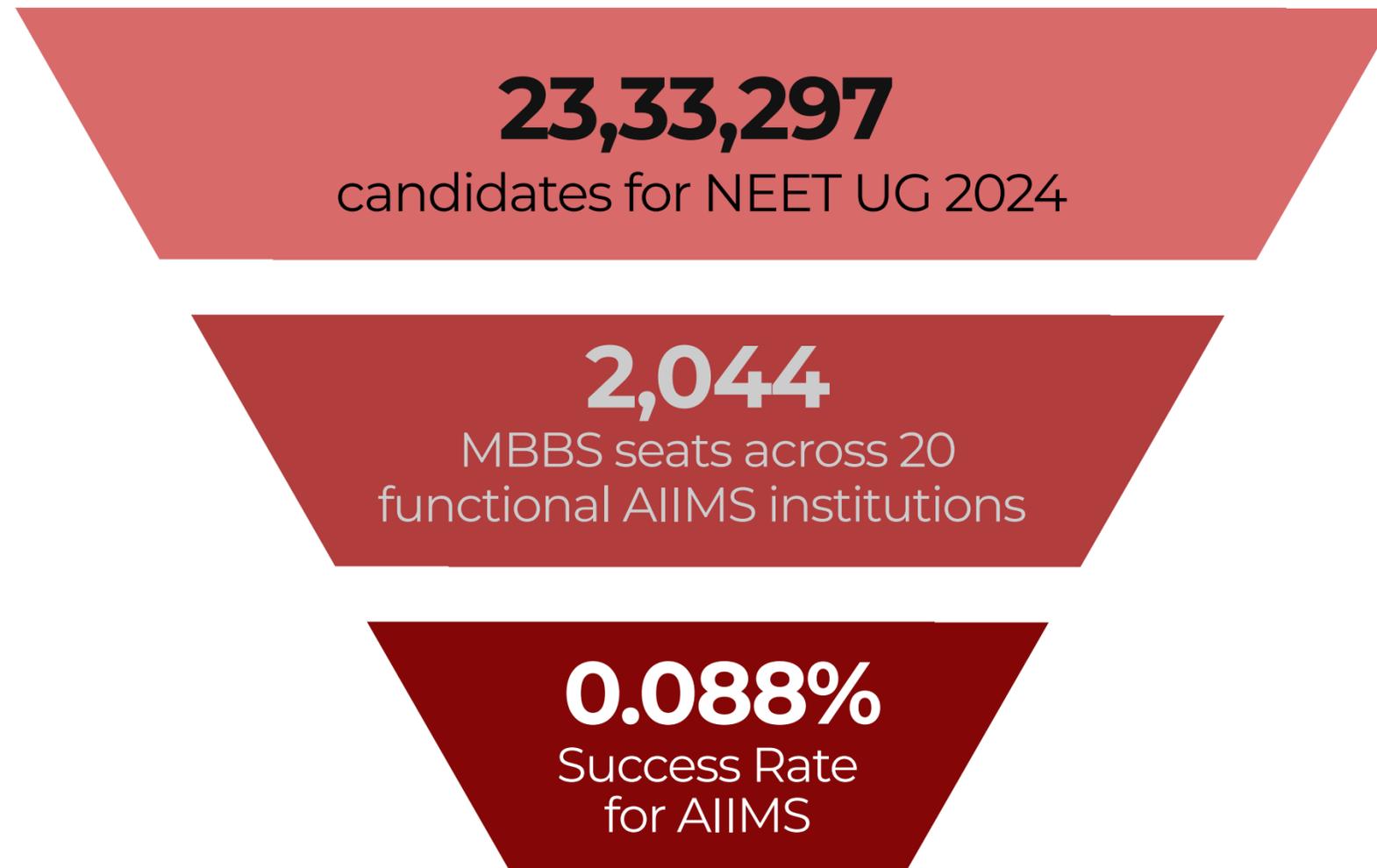
~603

BVSC

***15% All India Quota by MCC, 85% State Quota by states.
Selection ratio ~6% for MBBS***

REALITY CHECK

Only 1 out of every 1,150 students who wrote NEET secured a seat in an AIIMS institute.





WHAT DO COMPETITIVE EXAMS TEST FOR

NCERT Level (Direct Recall and Basic Calculation)

Q) Two objects of masses 2 kg and 3 kg are moving in the same direction with velocities 4 m/s and 2 m/s respectively. They collide and stick together. Find the velocity of the combined system after collision.



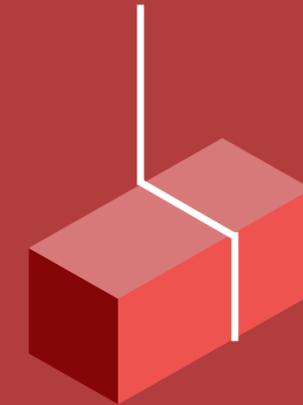
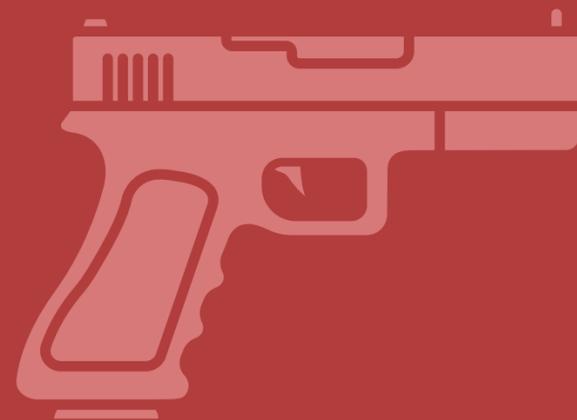
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Solution Approach: Use conservation of momentum: total momentum before = total momentum after. Since they stick, it's a perfectly inelastic collision, and both move with common velocity v .

CET Level (Moderate Application with Calculations)

Q) A bullet of mass 10 g is fired horizontally with speed 400 m/s into a stationary wooden block of mass 990 g suspended from a string. The bullet embeds in the block. Find the velocity of the block just after the collision and the height to which the block rises. (Take $g = 10 \text{ m/s}^2$.)



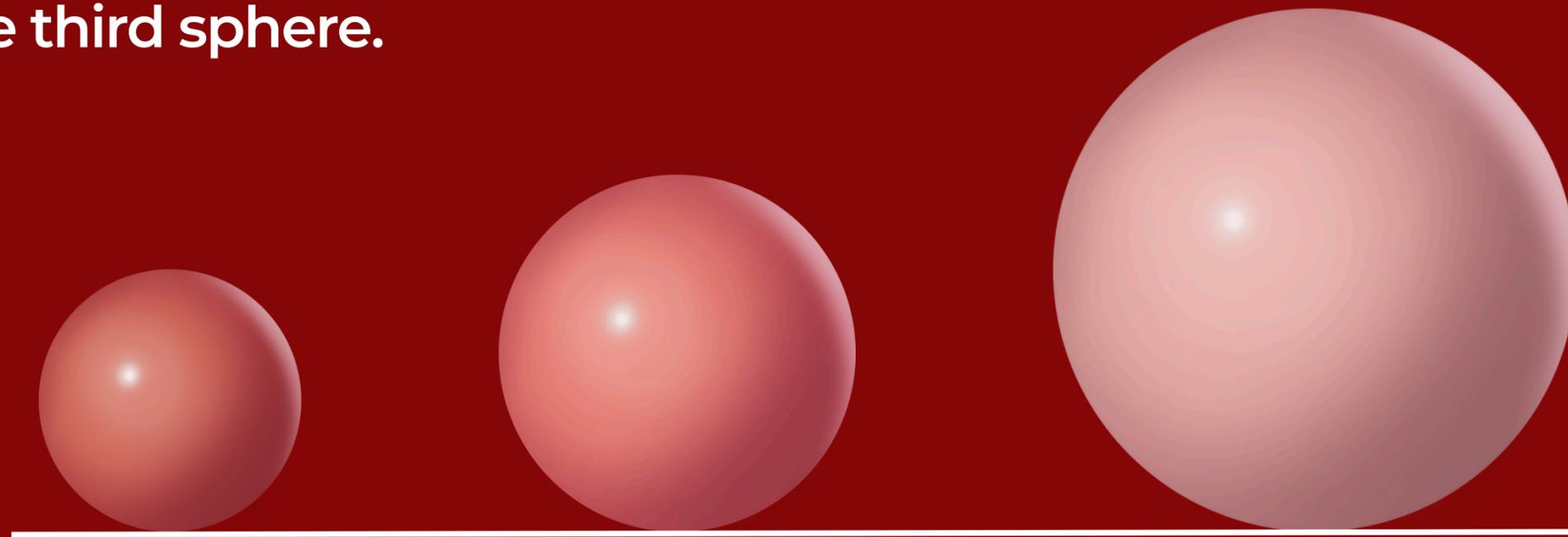
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Solution Approach: First, apply conservation of momentum to find common velocity after inelastic collision. Then, use conservation of energy (kinetic to potential) for the pendulum-like rise: $(1/2)(\text{total mass})v^2 = (\text{total mass})gh$.

IIT JEE Level (Multi-Step Reasoning with Integration of Concepts)

Q) A sphere of mass m moving with velocity v along the line joining the centers collides elastically and head-on with a stationary sphere of mass $2m$. After collision, the second sphere collides elastically and head-on with a third stationary sphere of mass $3m$ placed in line. Find: (a) the final velocities of all three spheres, (b) the fraction of kinetic energy transferred from the first sphere to the third sphere.



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Solution Approach: Apply conservation of momentum and the coefficient of restitution ($e = 1$ for elastic) pairwise for each collision. For elastic head-on collisions, use velocity exchange formulas adjusted for unequal masses: $v_{1_final} = (m_1 - m_2)/(m_1 + m_2) u_1 + (2m_2)/(m_1 + m_2) u_2$, and similarly for v_2 . Solve sequentially for the two collisions, then calculate KE transfer using $(1/2) \text{ mass } v^2$ before and after.



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What is the color of the bear?

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A hunter aims directly at a monkey in a tree and fires a bullet (assuming no air resistance and the bullet travels instantly in a straight line at first, but gravity acts). Just as the bullet is fired, the monkey lets go and falls straight down. Does the bullet hit the monkey?



TOP MISTAKES RANKERS **DON'T** MAKE

DURING PREP

A. Content & Tactical Failures (Study Management Gaps)

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- #5 FAILING TO TRACK ERRORS**
Not maintaining a detailed error log, leading to constant repetition of the same conceptual or calculation mistakes.

B. Strategic & Psychological Failures (Mindset Gaps)

#1 EMOTIONAL SPIRALING

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#5 MISPLACED GOAL FOCUS

Concentrating on solving the most complex, difficult problems to prove mastery, rather than quickly identifying and solving the easier ones

What do competitive exams test for ?

MENTAL SKILLS

01

LEARNING AGILITY AND ADAPTABILITY:

Fundamentals in Physics, Chemistry, Mathematics/Biology, rather than rote knowledge.

02

PROBLEM-SOLVING ABILITY:

Ability to apply concepts creatively.

03

ANALYTICAL AND LOGICAL THINKING:

Breaking down problems logically and identifying patterns.

04

SPEED:

Ability to solve a large number of questions accurately within a strict time limit.

05

ACCURACY:

Precision in calculations and answers.

LEARNING AGILITY AND ADAPTABILITY

STUDY METHODS



Solve previous years' JEE papers and diverse problem sets regularly

Take full-length mock tests under timed conditions with analysis

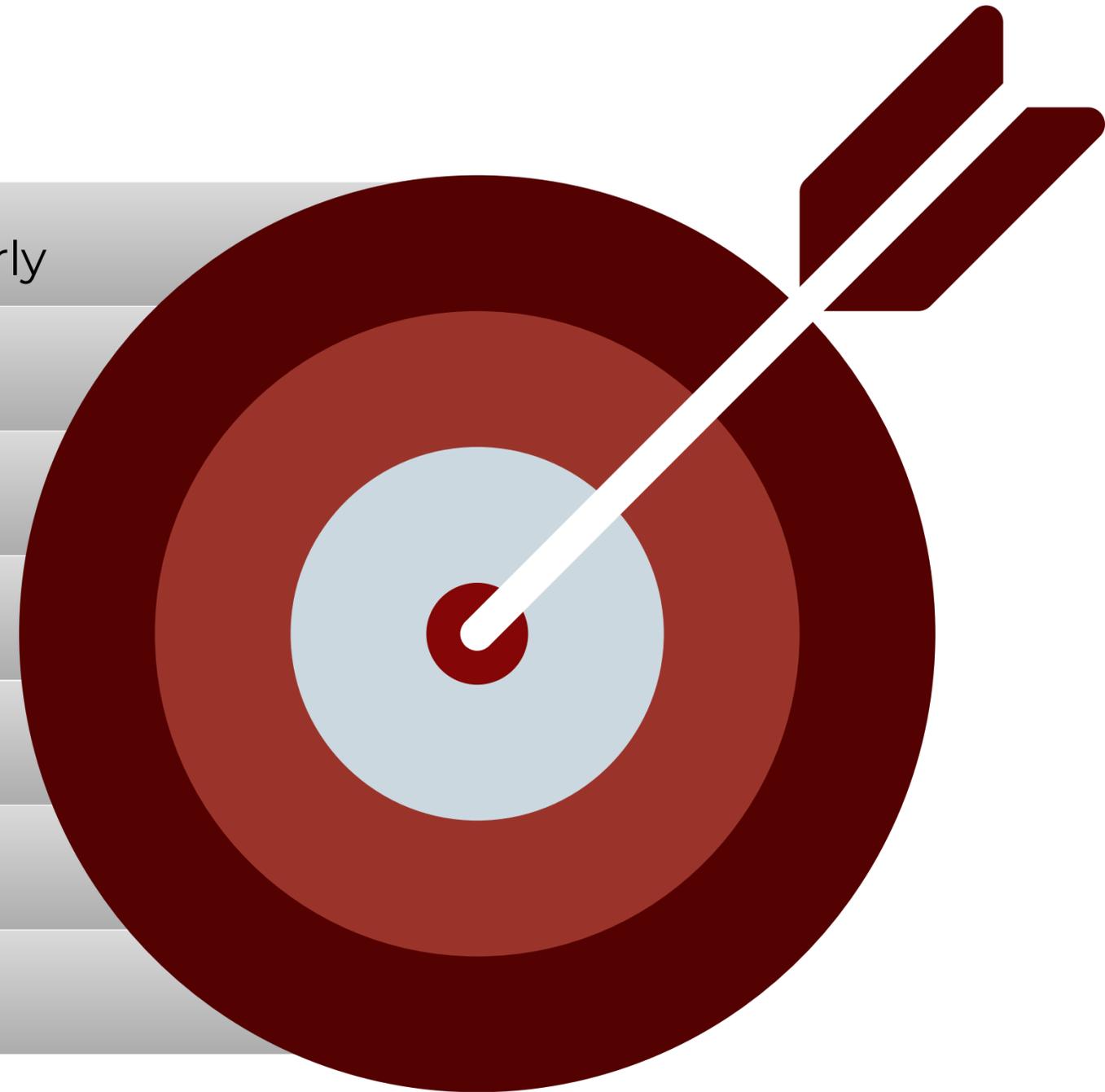
Practice adjusting strategies based on performance feedback

Engage in group discussions or peer teaching

Incorporate daily revision with spaced repetition & error logs

Build mental calmness through short mindfulness or breaks

Rotate subjects and problem types daily in short bursts



FOCUS AND DISCIPLINE ROUTINE





Create a personalized, realistic timetable

Prioritize quality over quantity in study hours

Maintain physical health and sleep routine

Minimize distractions and build mental resilience

Include leisure and reflection time

Follow a fixed structured timetable

Balance all Subjects daily

End the day with reflection & planning for the next day

What do competitive exams test for ?

BEHAVIOURAL SKILLS

01

RESILIENCE & EMOTIONAL REGULATION:

Calm, Focus, Handling unexpected or tricky question variations without panic

02

TIME & ENERGY MANAGEMENT

Skill in allocating time wisely across sections

03

COGNITIVE DISCIPLINE

Judging when to attempt uncertain questions versus leaving them to avoid negative marks.

04

FOCUS

Sustaining high mental focus and energy over long exam durations

05

MOTIVATION

Grit to sustain with high performance

**ACADEMICS IS
NOT ENOUGH!**



Welcome

Hi there, please fill out and submit this form.

18 Questions

START →

**IS YOUR
MINDSET
READY?**

6 Dimensions

- **Learning Agility & Adaptability**
- **Goal Clarity & Motivation**
- **Focus & Discipline**
- **Time & Energy Management**
- **Confidence & Self Talk**
- **Emotional Regulation & Resilience**

OUR RESEARCH - The Hard Worker's Hidden Flaw

The Strengths (The Effort)

Focus & Cognitive Discipline (FCD): 75% (Solid Strength)

Goal Clarity & Motivation (GCM): 75% (Solid Strength)

Conclusion: This student has the discipline to sit and work hard.

The Gaps (The Vulnerability)

Resilience & Emotional Regulation (RER): 30% (Development Needed)

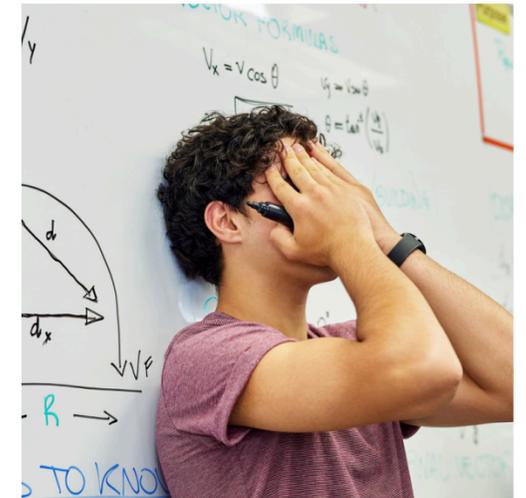
Confidence & Self-Talk (CST): 25% (Development Needed)

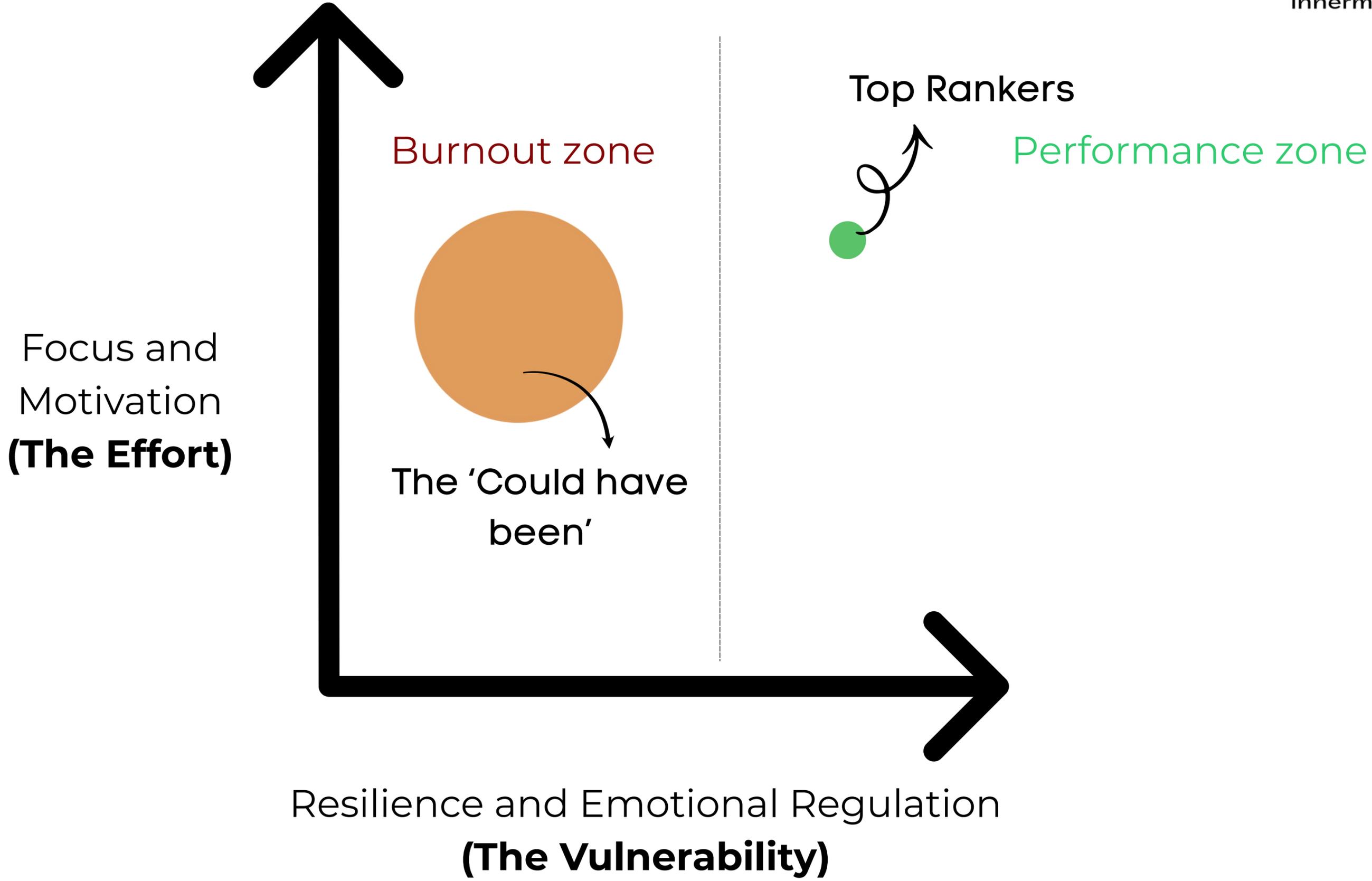
Conclusion: Their success is fragile; it collapses under stress.

Key Insight

The Sabotage Loop: When very driven students face failure, their **inner critic** takes over

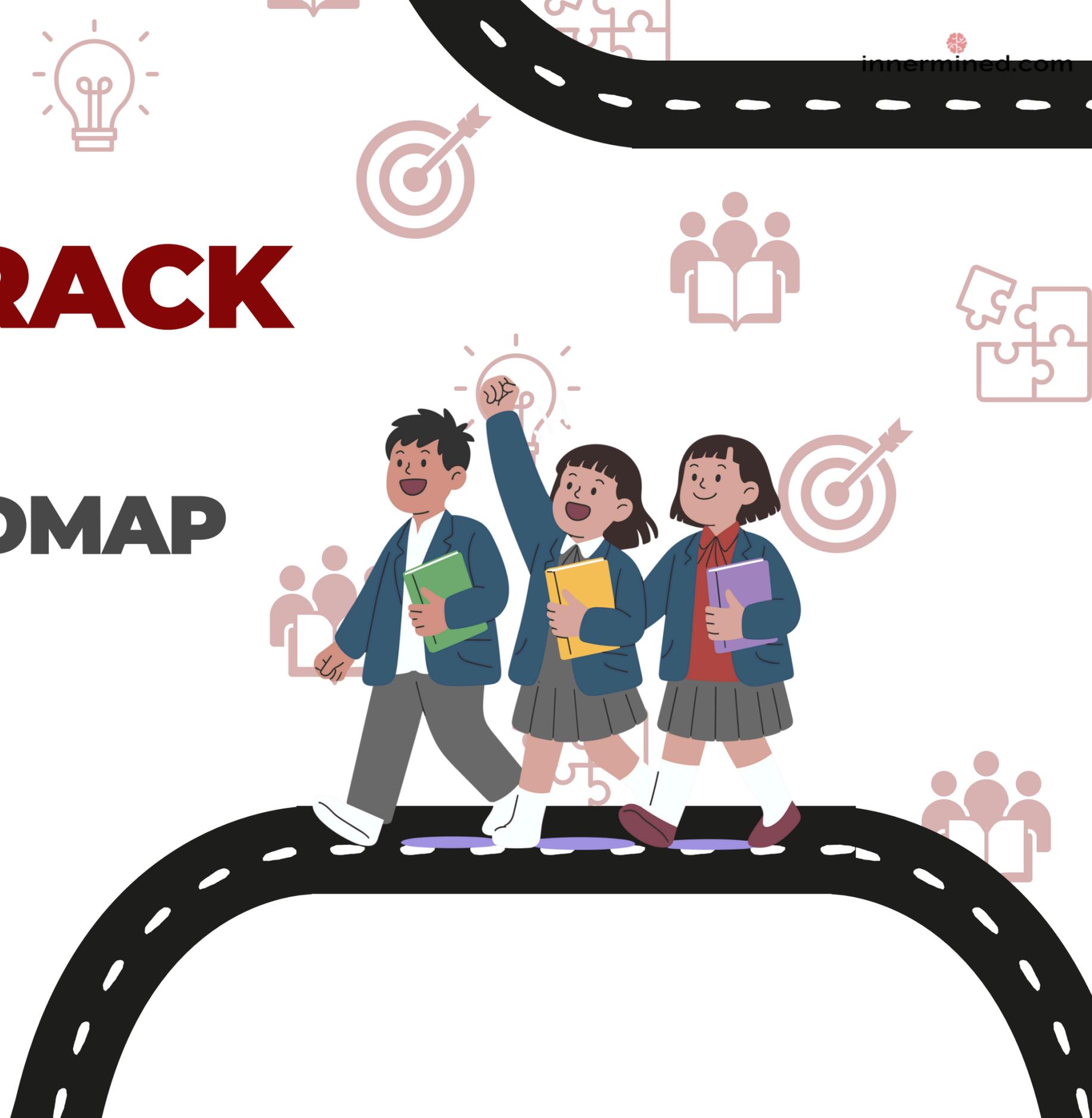
Action: Shift Focus from HOURS to ARMOR. The goal is not to study more, but to build mental defenses so the effort already invested isn't wasted.





HOW DO I CRACK THE EXAM

STRATEGY & ROADMAP



TIME AND ENERGY MANAGEMENT





POMODORO-BASED TIMED PRACTICE BLOCKS

What it is:

25 minutes of focused question-solving + **5 minutes** break, repeated in cycles. Use it for timed question sets / sections instead of vague “2–3 hours study”.



Why it helps Speed–Accuracy:

Short, intense bursts train students to work at exam pace without burning out. Regular breaks keep the brain fresh, reducing careless mistakes in later questions.

THE EISENHOWER MATRIX (STRATEGIC PRIORITIZATION)

Kahneman identified the "Planning Fallacy"—our tendency to underestimate how long a task will take. Students often spend 4 hours on an easy subject they enjoy while ignoring the "Urgent & Important" weak areas..

For IIT/NEET: Spend 80% of your time in Quadrant 2 (Important but Not Urgent). This prevents topics from becoming a crisis (Quadrant 1) a week before the exam.

URGENT-IMPORTANT (1)
Do it first

High-weightage topics you are weak in (e.g., Physics numericals).

URGENT-NOT IMPORTANT (3)
Quickly finish

Routine school work

IMPORTANT-NOT URGENT (2)
Have a timeline to complete it by

Sleep
Healthy food
Sport
Daily Habits
Error Analysis

ELIMINATE (4)
Do I really need to do this?

Social media scrolling



1.5X RULE

We have a tendency to ***underestimate*** how long a task will take. Students often create "perfect" schedules that fall apart by Tuesday because a single math problem took 40 minutes instead of 10.

The Tool:

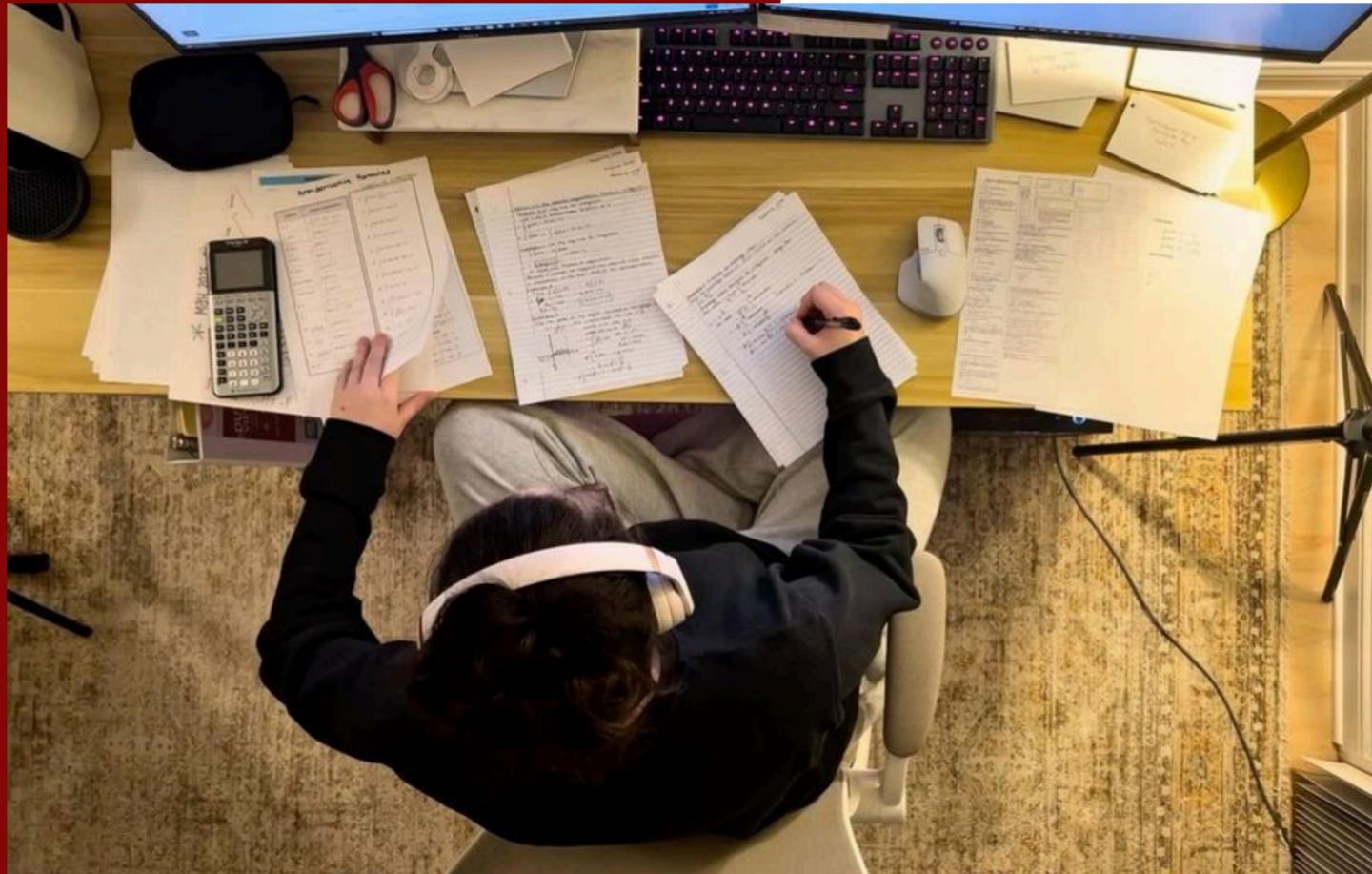
Use the 1.5x Rule. Estimate how long a chapter will take, then multiply it by 1.5.

Student Application:

If you think "Rotational Mechanics" will take 2 hours, block out 3 hours in your planner. This "buffer" prevents the stress-spiral that happens when you fall behind your schedule.



1.5X RULE



How it Helps?

- ✔ Avoids Demotivation
- ✔ Helps set realistic Time expectations



CREATE 'YOUR GOOGLE MAP'

Most students fail because their goals are too vague (e.g., "I will complete Physics tonight").

You have defined a destination, but the mind does not know HOW to get there?

Why we do it?

Our "System 1" (the intuitive, lazy brain) loves vagueness because it's easier to ignore. Implementation Intentions remove the need for willpower by making the decision beforehand.

The Formula:

I will [BEHAVIOR] at [TIME] in [LOCATION].

Instead of "Doing Mock Tests,"

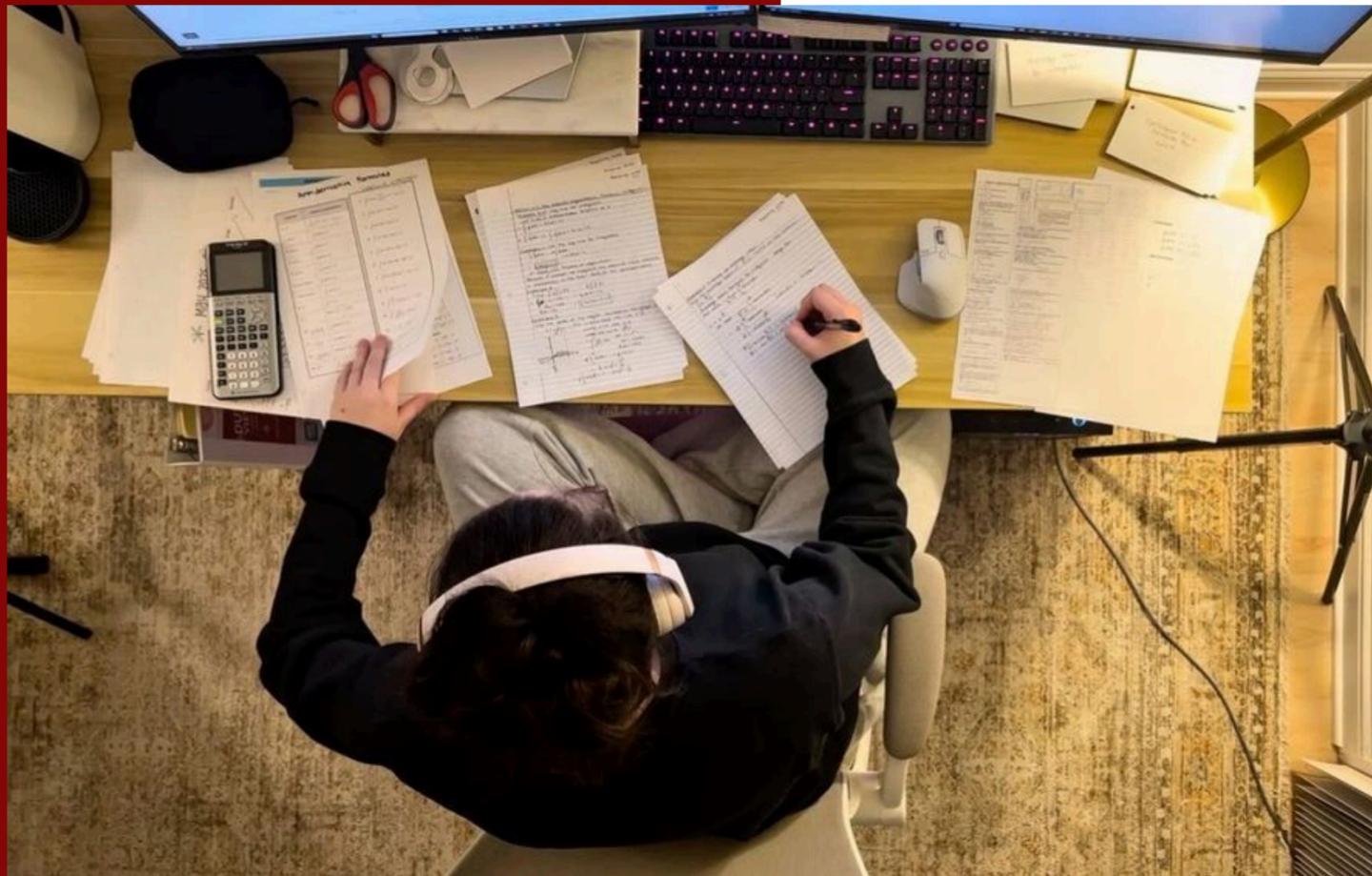
say: "I will solve 15 Organic Chemistry MCQs at 5:00 PM at my study desk."

This creates a mental trigger that closes the gap between "thinking" and "doing."





CREATE 'YOUR GOOGLE MAP'



**I WILL [BEHAVIOR] AT [TIME]
IN [LOCATION].**

How it Helps?

- ✔ Reduces procrastination
- ✔ You don't need to rely on self-motivation
- ✔ Reduces guilt of not doing enough

EMOTIONAL REGULATION

TOOLS FOR BURNOUT/ SELF DOUBT/ DERAILING



CHALLENGES STUDENTS FACE



CHALLENGES
AHEAD

How do I deal with tough questions during exams?
How do I keep myself motivated?
How do I deal with Exam Anxiety





BREATHING TOOLS FOR STRESS RESET



THE PHYSIOLOGICAL SIGH (REAL-TIME STRESS RESET)

The Technique:

- Take a deep breath in through your nose.
- At the very top of that breath, take a second, shorter "sip" of air to fully inflate the alveoli (air sacs) in your lungs.
- Exhale very slowly through your mouth until your lungs are empty.



THE PHYSIOLOGICAL SIGH (REAL-TIME STRESS RESET)

Developed by neurobiologists like Dr. Andrew Huberman and supported by Stanford research, this is the fastest way to lower your heart rate and **"offload"** CO₂ that builds up when you are anxious.

When to use it:

uring the exam if you hit a tough question, or during a study session **when you feel "stuck."**



Why it works:

The double-inhale re-inflates collapsed air sacs, and the long exhale triggers the parasympathetic nervous system, signaling the brain that you are safe.



BOX BREATHING (4-4-4-4 METHOD)

How to Use It:

**The Pattern: Inhale (4 counts) → Hold (4 counts) →
Exhale (4 counts) → Hold (4 counts)**

Repeat for 5-10 cycles (2-4 minutes)



BOX BREATHING (4-4-4-4 METHOD)

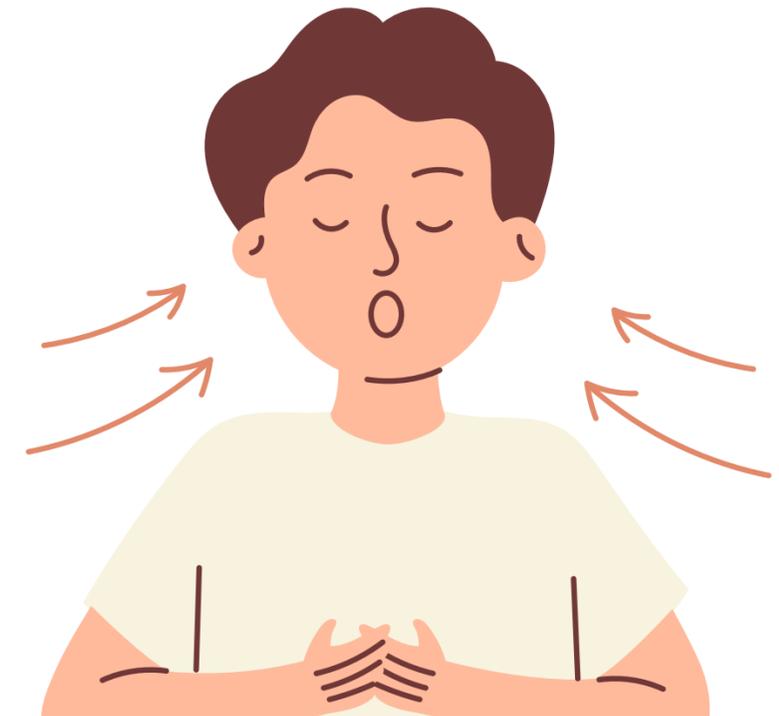
Used by: US Navy SEALs, popularized by Mark Divine (2010s)

What It Is:

A controlled breathing pattern that activates the parasympathetic nervous system, reducing anxiety and improving focus within 2-3 minutes.

When to use:

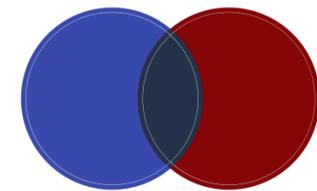
- Before starting study session (primes focus)
- During exam anxiety spikes
- After difficult practice tests
- Before sleep (improves recovery)
- Mid-exam if feeling overwhelmed (1-2 cycles discreetly)
- Practice daily: 5 minutes morning + 5 minutes evening



Evidence: Research on controlled breathing shows it reduces cortisol by 25-30% within 3 minutes and increases prefrontal cortex activity (focus center) by 15-20%. Navy SEAL studies demonstrate 50% reduction in performance anxiety and improved decision-making under extreme stress. Heart Rate Variability (HRV) improves by 20-40%, indicating better stress resilience.

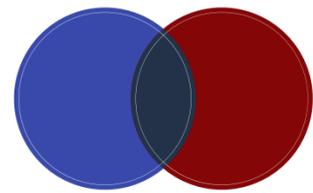


MINDSET SHIFT TOOLS



COGNITIVE REAPPRAISAL TECHNIQUE

Write down 3 stressful thoughts



COGNITIVE REAPPRAISAL TECHNIQUE

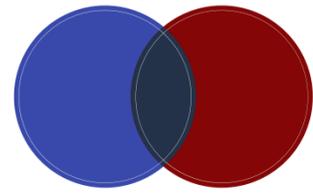
Developed by: James Gross (Stanford University, 1998)

What It Is: A strategy to reinterpret stressful situations in a more positive or neutral light before emotional responses escalate, reducing anxiety and improving emotional control.

Create personal reframing scripts for common exam anxieties

Evidence: Gross's research (1998, 2002) shows cognitive reappraisal reduces physiological stress responses by 40-50% and improves decision-making under pressure. Students using reappraisal showed 30% lower cortisol levels during exams and 25% better performance compared to suppression strategies.





COGNITIVE REAPPRAISAL TECHNIQUE

How to Use It:

Reframe mistakes: "I'm failing" → "I'm learning what needs more work"

Before exam: "I might fail" → "I'm prepared, and I'll do my best"

Practice daily: Write down 3 stressful thoughts and reframe them positively

Use "What's the evidence?" questioning to challenge negative thoughts

COGNITIVE REFRAMING: ASSOCIATE ANXIETY & STRESS WITH POSITIVE ENERGY

A Harvard study found that students who were told that their pre-exam jitters (pounding heart, sweaty palms) were helpful tools actually scored higher than those told to "just relax."

When to use it: On the morning of the exam or during intense mock tests.

The Technique:

When you feel the physical signs of anxiety, don't tell yourself "I am anxious." Tell yourself, "My body is energizing me. My heart is beating fast to get more oxygen to my brain so I can think faster."

Why it works:

This is called Cognitive Appraisal. By reframing "anxiety" (threat) as "excitement/arousal" (resource), you prevent the brain from going into a total lockdown and instead use that adrenaline to maintain focus.

GROWTH MINDSET

PROMPTS TO REFRAME

"I'm Not Built for Physics."

"I don't understand this concept YET. What resource or approach should I try next?"

"It's Only for Geniuses."

"Where specifically did the topper apply a strategy that I missed?"

"Effort is Pointless (Result Will Be Same)."

"My effort level is high. What part of my STUDY PROCESS needs fixing?"

"Blame the Paper, Not the Plan."

"What preparation step, specific to that tricky question type, did I skip?"

"My Flaws Are Permanent (Silly Mistakes)."

"What is the 3-step checking PROTOCOL I need to write down and follow next time?"

ZOOM-OUT SELF-TALK (THE "COACH" METHOD)

TALK TO YOURSELF AS YOUR MENTOR & COACH WOULD

Research from the University of Michigan shows that students who talk to themselves in the third person (using their own name) perform better under pressure than those who use "I."

When to use it: When you are spiraling into thoughts like "I'm going to fail" or "I can't do this."

The Technique:

Instead of saying, "I need to calm down," say, "[Your Name], you have prepared for this. Focus on the next step."

Why it works: It creates "psychological distance." By using your name, you shift from being a "victim" of the emotion to being a "coach" or observer of it. This reduces the emotional load and allows your logical brain to take over.



IF-THEN PLANNING

What It Is: Pre-decide specific actions for anticipated obstacles using "If-Then" statements, reducing decision fatigue and maintaining consistency during emotional challenges.

Evidence: Gollwitzer's research shows implementation intentions increase goal achievement rates by 2-3x compared to goal setting alone. Students using if-then planning showed 40% better follow-through on study plans and 35% less emotional decision-making during setbacks. Particularly effective for maintaining routines during high-stress periods.



IF-THEN PLANNING

How to Use It:

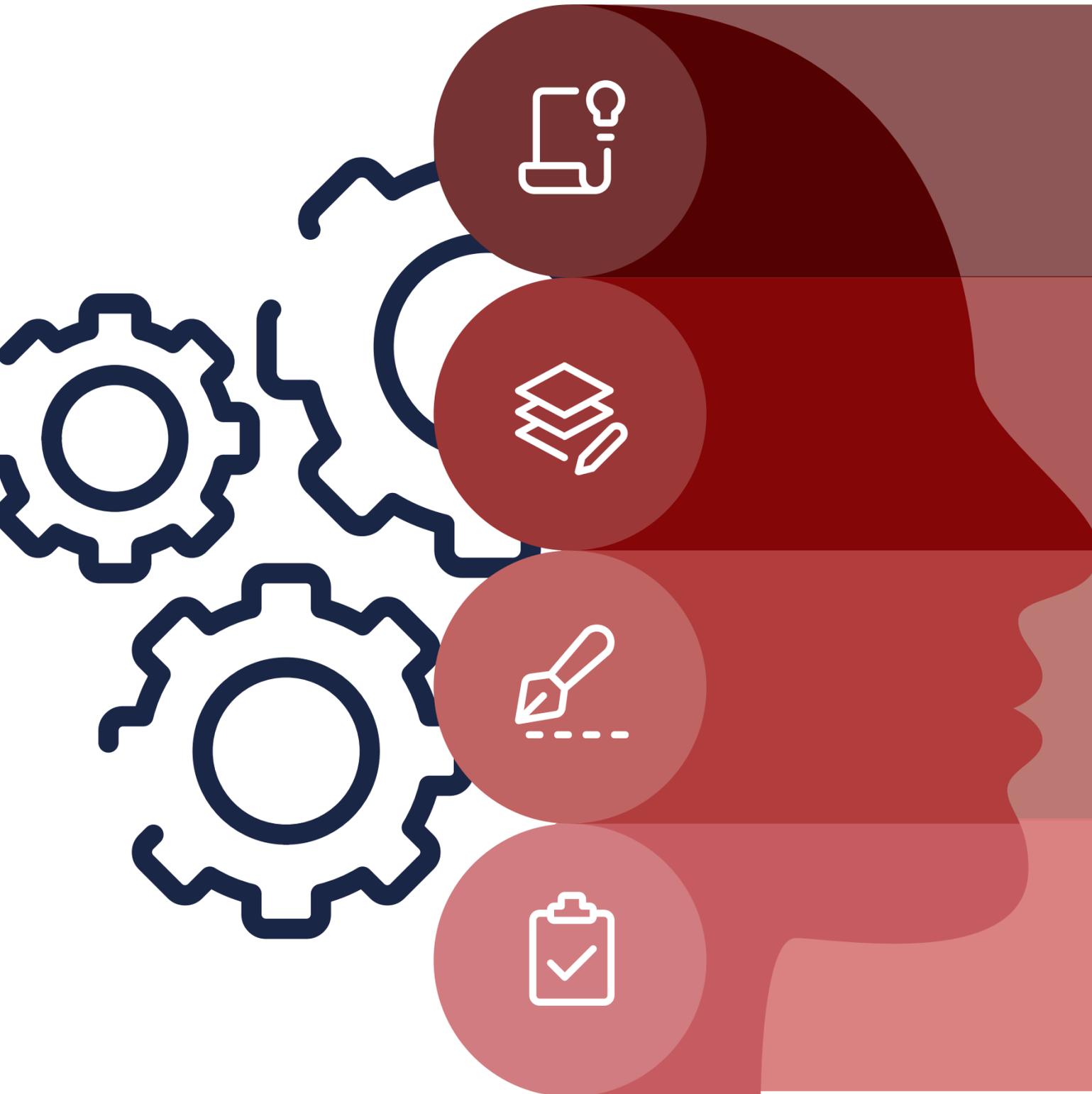
Create specific if-then plans for common obstacles:

- **Focus:** "IF I get distracted, **THEN** I'll do 5 box breaths and restart timer"
- **Motivation:** "IF I feel like quitting, **THEN** I'll study for just 10 more minutes"
- **Anxiety:** "IF I panic during exam, **THEN** I'll close eyes and count backwards from 10"
- **Comparison:** "IF I compare myself to others, **THEN** I'll remind myself of my progress journal"
- **Failure:** "IF I score less than 60% in a mock test, **THEN** I'll do error analysis within 24 hours"

Write 3-5 if-then statements and review weekly

Make plans specific, not vague ("If stressed" is too broad; "If I score below 60%" is specific)

INTEGRATED DAILY ROUTINE:



Morning (10 min):

Box Breathing (5 min)

Review If-Then Plans (2 min)

Cognitive Reappraisal journaling (3 min)

Study Sessions:

Pomodoro Technique throughout the day

Box Breathing between sessions

If-Then responses to obstacles

Evening (15 min):

PMR before bed (10 min)

Box Breathing (5 min)

Exam Day:

Morning: PMR (10 min) + Box Breathing (5 min)

Before entering: Cognitive Reappraisal of anxiety

During exam: Quick box breathing if needed

PARENT/TEACHER ROLE

Children are very disillusioned about the irrelevance and unfairness of our educational system...

How do we motivate and empower them?



TOOLS

1. **Create Awareness** - Peer Orientation vs Fact Orientation
2. The “**Ask, Don’t Tell**” approach- Ask them to explore, investigate and experiment
3. **Replace Fear Vocabulary** - “This Exam will define your Life”
4. **Help them build and maintain a routine** - Sleep, Food, Self Care, and Discipline
5. **Praise the Process - not Person.** You are Brilliant vs You studied really well and performed brilliantly.

PARENT/TEACHER ROLE

Help to manage the emotional side of exams – fear, anxiety, phobia, depression



TOOLS

1. Teach them **Stress Coping Tools - Conscious Breathing and Thinking Shifts**
2. **Help them build a Hobby** - Sport, Instrument or activity
3. Normalise Struggle: We will face it in everything we do
4. **Failure Tolerance** - What do we learn from it?
5. **Avoid Micromanaging**
6. **Reframe Questions from Interrogation to Growth Orientation.**



What do you ask your student after an exam?



Which ONE behaviour will I
change this week?

What we covered

- ✓ Facts about JEE/NEET
- ✓ Mistakes Rankers Don't make
- ✓ Skills these exams test
- ✓ How to build these skills
 - Learning Agility - Study Methods
 - Focus ad Discipline Routine
 - Time & Energy Mgmt
 - Breathing Techniques
 - Mindset Shift tools
- ✓ Role of Parents and Teacher

MindSet Assessment:

<https://form.jotform.com/innermined/innermined-strengths-reports>

Talk to your Personal competitive exam Mentor

Sign-up for Free 15 min personal consultation:
<https://www.innermined.com/mentors>

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