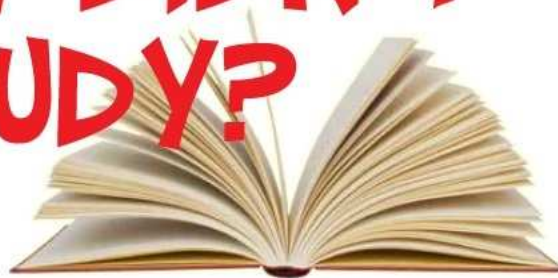


# WHY DIDN'T I STUDY?

by Faran Ahmed



**“It doesn't matter how slow you move, as long as you don't stop.”**

From “there's much time still remaining” to “I have to drop any two papers now,” is the typical journey of a CA finalist these days. Yet very few of us try to understand the mechanics of such failures. Generally, students complain about time, teachers, office commitments and several other reasons but simultaneously waste the limited resource of time.

Here, I want to share my study and research about the possible causes of such scenarios. But before reaching directly to solutions, it is a must to have a basic understanding of how a human mind works to your benefit and how it can mismanage everything around you.

Do I really have to mention that it is the mind and thoughts that drive your day? Of course, I don't have to. But what I want to tell you is the two different levels at which it operates conscious and subconscious - so you may understand how to train it to your benefit.

Imagine a man is riding an elephant. At a particular turn, the man wants

the elephant to take the right but what can a man could do if the elephant gets stubborn to take the left turn? Believe it or not, about 95% of anything you do in a single day is done by your subconscious mind (the elephant), whether it is behavioural, official, hobby related and conscious mind (the rider) only contributes to 5% of the daily life.

So what factors affect these two levels? Conscious mind is affected by reason and logic like, “I have to study to pass the exams, I'll start tomorrow, I'll do two chapters a day, etc.” while the subconscious mind is driven by emotions and images like, “That social site is quite interesting, I'm getting famous, I'm all fired up for that cause, etc.” and ultimately, you won't study.

One best example is recalling the best horror movie you would have seen lately. Consciously, by reason and logic, you know its acting and makeup or computer graphics but subconsciously, due to such images and emotions depicted, your body starts to react to them. At least you'll get a glass of water, or do you remember in our childhood after

watching martial arts movie, we used to pretend to be Bruce Lee or Jackie Chan for weeks.

So what can we do to make the elephant obey the rider? I believe the following techniques applied with commitment and faith would generate a positive impact on the subconscious mind:

**FOCUS:** First of all, you need focus. Focus can drive your body even “physically” to your goal. For example, mark parallel lines on a road with a gap of about 12 inches and try to walk in mid of those, so that your feet won't touch any of those lines. Piece of cake right? Now imagine yourself walking on a two feet wide boundary wall of the roof top of a 9th floor building. Why would your body shiver and why would you feel a force pulling you down there now? Because now you're focusing excessively NOT to go down there and remember, the mind doesn't understand the word “NOT.”

You have to keep your mind thinking about study all the time. whether you're studying at that moment or not. This exercise will reap its

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That's why we recommend it daily."**

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fruits when you actually sit down to study.

**PRIORITISE:** Many of the friends with whom I studied in a group failed and I won't say unfortunately because they had different priorities even a month before exams best friends, cell phones and chats, etc. Preferences may have a deeper impact in some or all aspects of your life. So you must prioritise wisely. Similarly, prioritise the topics by their significance in terms of toughness and exam frequency and please, prioritising doesn't mean to decide what to be left untouched.

**DISCIPLINE:** One of my friend cleared Introduction to Economics in his fifth attempt. He would never believe me but one could find the answer in his college bag. The way he used to carry his notes and books was just awful. If you asked him to take out a particular chapter, he would take about five minutes every time.

So how does this relate to performance in exams? It is crucial if one cannot relate his memorised contents to the multi-topic based exam questions in those nerve wrecking three hours and 15 minutes. It is only possible if you stay organised and maintain discipline in your mind. "There is nothing as obedient as a disciplined mind and there is nothing as disobedient as an undisciplined mind." - Buddha

**BIRD EYE VIEW:** Students often, when passionate about studies, start to learn important concepts or chapters in sequence straight away, not realising the pattern and structure of the course and that particular topic's relation to other topics. They should revisit the outline and check consistently the relevance and connection of

a particular topic to other topics. It strengthens mind mapping and makes it easy to remember. A tree diagram with various colors is a good way to do it.

**CHUNKING:** It is tougher to think about building a wall as compared to placing a brick in the best possible position. The human mind feels comfortable when things are divided into different classes or categories or broken down in chunks. For example, think which of these numbers is hard to memorise and why? (A) 456321789 or (B) 456-321-789

**MNEMONICS:** When important things are in a list form or contains headings, it is the best to use Mnemonics. Like to remember a list of Effectiveness, Accessibility, Reduction, Accuracy can be memorised by A.R.E.A. But one has to be really careful while preparing those terms otherwise he/she will end up with numerous mnemonics but not remembering what they actually stood for.

**TO TEACH IS TO LEARN:** Memorising is done best when calling out a concept loud. Combined studies are a great way to do that. Participate in studying and trying to explain complex concepts to your friends and don't worry if at times your friends correct you because that's what good friends are for.

**KEEP MOVING SLOWLY:** Moving is going to take you to the goal. And believe me, moving slower is what multiplies the efficiency. Students are often reluctant to start, not considering the fact that "you don't have to be great to start, but you have to start to be great." Almost everyone agrees that moving is crucial in almost every circle of life but times come when the mind tells you that

you're not going fast enough. But don't let that thought overcome your actions and remember: "It doesn't matter how slow you move, as long as you don't stop."

**MOTIVATION:** Some might laugh when it comes to motivational seminars or talks or small videos but little do they know, motivation is the fuel that is needed to light up your desire. There are times that you are hit very hard and some refuse to get up while some say "game isn't over if I have not won it yet." So what keeps them moving? Winston Churchill said, "Even if you're going through hell, keep going!"

Get a lonely place, sit comfortable and ask yourself what can fuel you? Money, fame, cars, status, visiting cards or perhaps your family. Also keep in mind that you have to revisit and refresh your motivational aspects, which might keep on changing through time. As Zig Ziglar said, "Bathing and motivation doesn't last long. That's why we recommend it daily."

Whatever qualification you are pursuing, hard times might hit you and may bring your mind to a state where you have just had enough. And whenever you feel like quitting, just think about why you started.

Remember, everyone is unique in his own way. No principle or technique can be applied to all individuals equally. Keeping in mind these techniques, stay fresh and open to adjusting yourself to what suits you best. Create a rigorous work ethic and remember: "Hard work beats talent, when talent doesn't work hard." And whenever you feel that your job is difficult, think if it were easy, everybody would do it. Good luck.