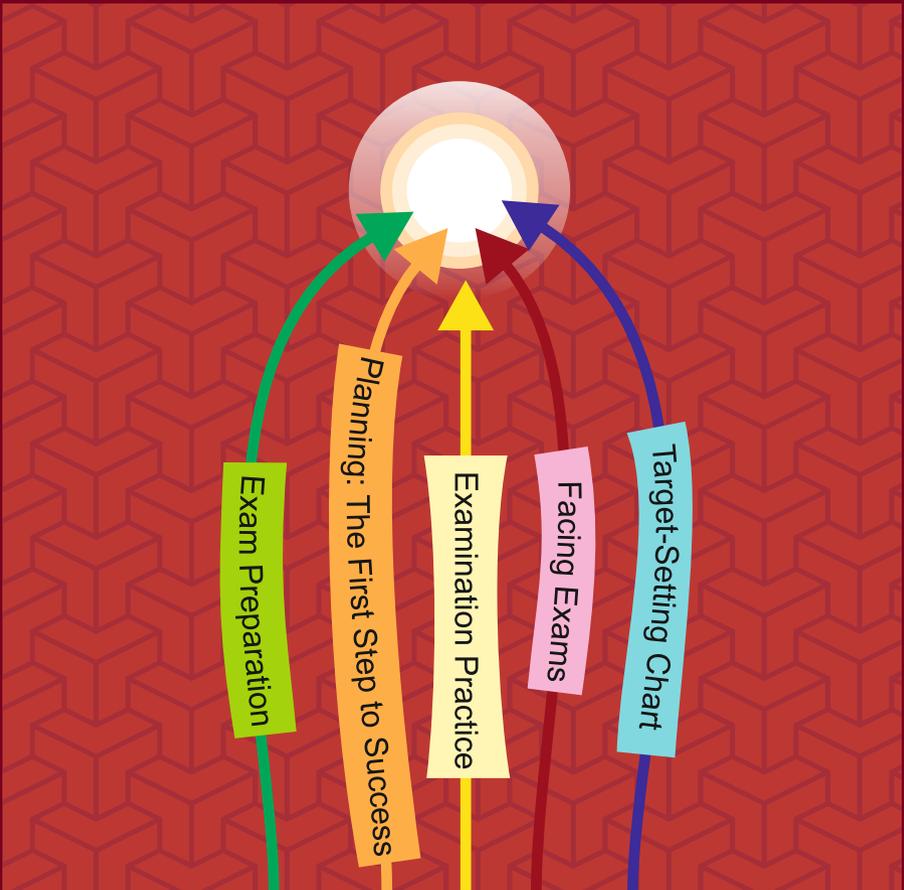


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# **Examination Technique**



**Prof. Vivek Ponshe | Prof. Mahendra Sethiya**

**English Edition Edited By Dr. Aakash Chowkase**

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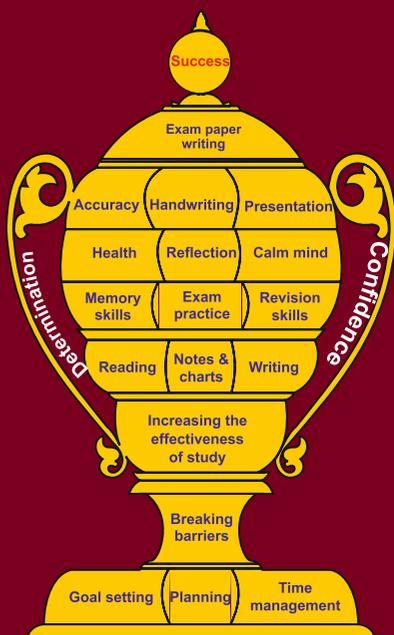
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Self-Study Methods - Part 3

# Examination Technique

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## Self-Study Methods – Part 3

### Examination Technique

(Techniques and methods to succeed in the examination)

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## PREFACE TO THE ORIGINAL MARATHI EDITION

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The Board Examination or "the boards" is the first major examination for most students. Till that point, students' academic learning and progress are assessed by their teachers through unit tests, mid-terms, and annual examinations. In the board examination, however, students are evaluated by unknown teachers. Their performance is no more just compared with their classmates but with thousands of students across the state, in some cases (e.g., CBSE) even nationally. Globally, students are expected to acquire a certain level of knowledge and skills by the time they graduate high school. Future opportunities, to a certain extent, depend on how much a student has achieved at this stage. Therefore, the board examination still holds an important place in high school education. Although these "high-stakes" examinations are not the end of life, they undoubtedly provide an **excellent kickstart to one's journey in life.**

And if the board examination is such an important endeavour, what is the point in facing this examination without studying the full course or by sticking to just the textbooks, using only the readymade guidebooks, or mugging up information without actually investing in it without your full mind into it? Rather, this examination is a golden opportunity to learn and master self-study skills that will help you in your immediate examination as well as develop your unique approach to self-study as you appear for more challenging tasks in the future, which is the goal behind this book.

We published a book in Marathi named "*Vedh Yashacha*" (Pursuit of Success) in 1993. That book described several techniques and methods one can use in the last three months of preparing for the board examination. By 2003, this book ran

into two editions and four reprints, resulting in the distribution of around 10,000 copies. However, we did not want to limit the focus to board examinations, so we decided to publish a three-part series on *Self-Study Methods* that a broad range of middle and high school students can use to learn different learning techniques, methods, and skills. The three books are "*Abhyasachi Poorvatayari*", (Initial Preparation for Studies) "*Abhyas Kaushalye*" (Study Skills), and "*Pariksha Tantra*" (Examination Technique). We are delighted to make these three books available to students, parents, and teachers after a long gap.

This book chiefly describes numerous smart techniques and methods to succeed in an examination with confidence and preparedness. You will notice frequent references to the two earlier books in this series. Those two books cover the remaining techniques and skills in greater detail. However, a quick overview of those two books has been provided in this book as needed.

**Success is rarely a fluke.** One must often achieve success through effort. To achieve success, you should be able to visualize it first. How can you reach your destination if you do not know its address? You must clearly know what success means to you. The first section of this book looks at the steps needed to prepare for your examination. The second part explains how to support studies in a planned manner during different phases. The subsequent section details various test-solving methods and describes how to effectively analyze the answer sheet to proceed to the next step of success. In the last part, you will learn about the finer aspects to consider as you appear for an examination.

Amidst the abundance of crash courses and notes that claim to guarantee easy success, this book firmly states that you **MUST** and **CAN** study on your own to achieve academic success.

Over the past years, parents have become increasingly aware of academic success; however, we see two extreme types of parents. On one end, some parents enroll their wards in coaching

classes, buy a few guides, and go on with their business thinking their responsibility is over. They expect their wards to succeed on their own. On the other hand, some parents micromanage their wards. They chart out the daily schedule of their wards in detail and try hard to ensure that their wards do not ‘waste’ their time on non-academic work. They are quick to do things themselves on behalf of their wards. These over-worried parents are the other extreme. However, students need parents and teachers who motivate them to study on their own, who create an atmosphere conducive to their learning, who inculcate independence and critical thinking in them, and who empower them to analyze their successes and failures and move forward.

This book will undoubtedly help such parents and teachers. We hope parents and teachers will appropriately use the techniques given in this book as per their students’ capacities and needs.

The syllabi, textbooks, and examination methods will keep evolving with time, and students will have to adopt new techniques. However, we believe the fundamental techniques provided in this book will be helpful even in the new times.

We wish you the best in achieving excellent academic success and hope this book will help you in it. But more importantly, we hope this book helps you in preparing for the examinations out in the real world!

Sadly, my senior colleague and co-author of this book, educationist Prof. Vivek Ponshe, passed away in March 2019 due to a prolonged illness. This book was in the final stages of writing at that time. Let us pay him our respectful homage by practicing self-study skills, using appropriate examination techniques, and achieving excellent and clean success.

Saur Agrahayana Shake 1942  
December 2020

- Mahendra Sethiya

## PREFACE TO THE ENGLISH EDITION

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This book changed my life, and I say that without a drop of exaggeration. When I was in eighth grade (2002–03), my teacher at Jnana Prabodhini School in Pune introduced us to a course on self-study methods based on *Vedh Yashacha* (Pursuit of Success), the original Marathi edition of this book. Week after week, he guided us through its principles: setting goal, mastering listening and note-taking skills, and planning for exams. I took everything he taught very seriously, and that decision changed the course of my life.

I learned how to plan my study time effectively, implement those plans, and ultimately excel in exams. Over time, my interest in this subject deepened, leading me to pursue a Ph.D. in Education, where I explored the science behind many of the techniques presented in this book. The strategies in these pages are not only evidence-based but have also stood the test of time, proving effective for generations of learners. While learning tools and technologies continue to evolve, the core principles of learning remain largely unchanged.

Looking back, I consider myself incredibly fortunate that my high school prioritized teaching me the most essential academic skill—learning how to learn. I remain deeply grateful to my teacher and to this book, which equipped me to navigate learning opportunities and overcome academic challenges with confidence. This is exactly why my colleagues at the Jnana Prabodhini Foundation, USA and I decided to introduce this book to a wider English-speaking audience. Our goal is to equip and empower many more students like you who can benefit from it just as much as I did.

It brings me immense joy to present this English edition to

you. While I have preserved most of the original content, I have made several updates to ensure its relevance in today's context. I sincerely thank my colleagues at the Jnana Prabodhini Foundation, USA, for their support and contributions to this translation. A special acknowledgment goes to Dr. Pranav D. Kulkarni—my dear friend, former student, and current colleague at the Jnana Prabodhini Foundation—who co-leads the translation team and played a key role in making this edition possible.

To my fellow learners, I urge you to take the lessons in this book seriously. I say this not just as an educational researcher or teacher but as someone who has personally experienced the transformative impact of these techniques. Revisiting this book, now as an editor, has only strengthened my belief that its techniques greatly contributed to my own success. Honestly, I would not be the same person I am today without it.

As my eighth-grade teacher often said, "One who fails to plan is planning to fail." I hope this book helps you plan wisely and empowers you to take charge of your own learning journey.

**December 2025**

**-Aakash Chowkase**

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