# Beat a Study Slump: Fill in the Blanks

From the free guide "Smart Exam Prep" by Saurabh Khatri, Sikhami | sikhami.com

1. When a three-hour block feels impossible, cut the start to ten focused minutes or _____ questions.

2. Change the _____, not the goal: solve questions or draw a diagram instead of dense reading.

3. Before blaming willpower, fix bedtime, eat proper meals and take a _____-minute walk.

4. Keep a simple _____ list of finished study blocks to see small daily wins.

5. In group study, take turns in the _____ role: teaching aloud exposes fuzzy steps.

6. During group study, keep phones face _____ and out of sight until the break.

7. Test a new online mentor and judge after _____ days whether your scores improved.

8. Never share _____s or passwords with anyone promising "leaked" notes.

*Slumps are normal. Name it, shrink the target, and keep moving. Study with others at sikhami.com*

LIVEWORKSHEETS