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STUDYING TECHNIQUES

- **MOTIVATION : QUEST FOR EXCELLENCE**
- Remember : "***Time is most precious in this world, Time once lost, cannot be recovered***"
- Always study sitting straight, in a relaxed state of mind.
- Do not study continuously more than 45 minutes, without a change or break for few minutes for relaxation.
- Commonly accepted technique is formulated as **S, Q, R, R, E**

  S: Survey quickly the materials to be studied, during that time

  Q: Question's list for the topic is to be prepared.

  R: Read slowly with full concentration, understanding the subject and searching for the materials to answer those questions

  R: Recollect as many times as possible without wasting free time, at least after 1 hour, 8 hours and 24 hours, etc.

Practice writing the answers in the stipulated times, i.e. 20 min, 10 min and 5 min for long essays, short essays, and brief answers respectively carrying 8–10 or 4–5 or 2–3 marks, in three hours question papers.

E: Emotional attachment to the materials used in various clinical practices, are to be developed.

Imagine you are treating your own parents or very close relations. How do you proceed?

- **Analyze** the clinical situation thoroughly.
- **Plan** the line of treatment and explain to patient.
- **Select** the correct clinical procedures (steps).
- **Select** the most suitable materials.
- **Recollect all the properties, merits and demerits of these.**
- **Apply** this knowledge, for proper manipulation of impression materials, restorative materials, etc. to get their best properties.
- Use your **skill** in treatment to satisfy the patient.
- **Explain the clinical situation to the** laboratory technician and guide him in fabricating the oral appliances.

If this technique, (with emotional attachment is followed for studying, the subject cannot be forgotten.

University Covered and References

VII. Universities of Tamil Nadu (MGR) University:

1. TN A.08 Q.1 – Tamil Nadu Universities, August 2008, Question number one.

VIII. Manipal University, Karnataka:

Mpl JJ.10 Q.1 – Manipal University, June -July 2010, Question number one.

IX. Yenepoya University, Karnataka:

YU JJ.10, Q.1 – Yenepoya University, June-July 2010, Question number one.

X. Nitte University, Karnataka:

NU D.09 Q.2 – Nitte University, December 2009, Question no two.

XI. Universities of Assam:

(Assam.U JJ.08 Q.1)

XII. University of Jharkhand

XIII. University of Goa.

Tips for Answering the Questions in the Examinations

- Avoid studying in the entire previous night, sleep well as usual, to overcome the fatigue and examination tension.
- Enter the examination hall, about 5 or 10 minutes earlier and relax.
- Carefully read the instructions printed on the cover page of answer booklet.
- Enter the details, Register number (correctly), Examination subject, Subdivisions if any (section A or B), date, year, etc.
- Usually 3 hours or 180 minutes are allotted to complete answering the entire question paper. If maximum mark is 70 or 100, then you will have 180 / 70 or 180 / 100, i.e. 2.5 or 1.8 minutes for 1 mark. Hence for long essays of 8 or 10 marks, you have 18–20 minutes. For short essay of 4 or 5 marks you have 8–10 min and for brief answers of 2 or 3 marks, you have 4–5 minutes.
- Read entire question paper ***twice*** before beginning to answer.
- Select the ***easiest*** question to develop confidence and impress the examiner or paper evaluators.
- Write down the question numbers, title for each questions.
- Answer within the calculated time.
- Do not exceed the time limit. If answer is incomplete, leave some space and pass on to the next easy question.
- Answers should be in paragraphs for different aspects, and **underline the key words.**
- Do not use ***abbreviations*** like –, +, imp, COTE, GBI, ST, GP, GIC, 2°, etc.
- Draw neat diagrams of moderate size, not too large or too small, wherever required.
- Draw a demarcation line after completing each answer.
- If you forget and stuck up in the middle of answering, disconnect your mind or line of thinking, for a minute and think of your mother or father, to release the tension.
- Try to cover the entire paper, about 10 minutes early and have a quick survey and add if anything is omitted.
- Check the entries in the front cover page of answer papers and hand it over to the invigilator before leaving the hall.
- Do not discuss with your friends how you answered the questions. If you had bad performance, you will get disappointed and spoil next day's examination subject, also.
- Start studying / recollecting and preparing for the next day's examination from that instant.

"Follow these suggestions – Success will follow you".

UNIVERSITIES COVERED AND REFERENCES

- Science of Dental Materials and Clinical applications By V Shama Bhat and BT Nandish - 2nd edition
- Philip's Science of dental Materials By Anusavice - 11th editions
- Restorative Dental materials By Craig-11th editions

UNIVERSITY QUESTION PAPER'S CODE USED FOR CROSS REFERENCES

I. In Rajiv Gandhi University of Health Sciences, Karnataka:

1. (RG J.09 Q.1 Ans. 1) – Rajiv Gandhi University of health sciences, January 2009, Question number One.
2. RG M.05 Q.1 – M refers to March.
3. RG A(R) 05 Q.1 – August - (Revised scheme)
4. RG A(O) 05 Q.1 – August - (Old scheme)
5. RG F.09 Q.1 – F refers to February
6. RG D.09 Q.1 – D refers to December
7. RG JJ.09 Q.1 – JJ refers to June-July
8. Ans.1 refers to the question number one in the given topic

II. The West Bengal University of Health Sciences:

1. W.B P.09 Q.1 – West Bengal University if health sciences, Professional 2009, question number One.
2. W.B S.08 Q.1 – S refers to Supplementary examination.

III. Andhra Pradesh (NTR) University:

1. A.P J.09 Q.1 – Andhra Pradesh University, January 2009, question number one.
2. A.P JJ.09 Q.1 – JJ refers to June-July.
3. A.P F.09 Q.1 – F refers to February.
4. A.P J.09 Q.1 – J refers to January.

IV. Gujarat University:

1. GU J.08 Q.1 – Gujarat University, January 2008 question number one.
2. GU Sp.07 Q.1 – Sp refers to supplementary examination.

V. Maharashtra University of Health Sciences:

1. MU D.08 Q.2a – Maharashtra University, December 2008, question number two, subdivision question number- a.
2. MU O.08 Q.2a – O refers to October.
3. (MU O.08 Q.2a – Rpt M.U JJ.07 Q.3a) – Rpt refers to repeated

VI. Universities of Kerala (Kannur, Calicut and Trivandrum):

1. KU JJ.09 Q.1 – Kerala Universities, June July 2009, question number one
2. KU S.09 Q.3a – S refers to September, Q.3a refers to question number-3 and subdivision question number a.
3. (KU D.06(spl) Q.1) spl refers to supplimentory