

**SSSHHH...**

**THE SECRET**

**BOOK OF**

**CRAMMING!**

# **Ssshhh... The Secret Book of Cramming!**

By Pavan Dubey

**Dedicated to all Cramming Minds**

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# CHAPTER 1

## DEFINATION OF CRAMMING

As Wikipedia defines it relating to education, “Is the practice of working intensively to absorb or remember large amount of informational material in, comparative less amount of time,” often done by students in preparation for upcoming exams, especially at the last moment.

As you all may know this practice is thoroughly discarded by professors ad tutors, as H.E. Gorst says, “as long as education is synonymous with cramming on an organised plan, the result produce will be mediocre”.

But the practise of cramming, as we know, is our last resort in fucking examination.

Cramming is a word that mostly clouds at either a week before examination or a night before examination, while we sitting in our pyjamas, try to figure out what the hell will I write on the sheet.

Face’s go pale, laughing and dancing JOE rushes to bathroom every now and then throwing bits of notes here and there, pizzas rotten, drinks spilled over floor, unknown friends hovering together in a room, each with a book, size of a dumbbell never ever seen before in the bag, such is a situation when the preparation is zero and our determination to crack the bitch is fluctuating.

Stress, depression, anxiety, black out’s seems to become our buddies.

In such situation this eBook will try to keep you on ventilator, find out how?

## CHAPTER 2

### THE MYTH'S OF CRAMMING

#### THE MYTH'S

- 1) Cramming helps to score marks, enough to pass the exam.
- 2) Cramming should be done alone.
- 3) Cramming is mugging up things
- 4) You need to have a brain of Einstein and concentration of Newton.
- 5) You need to study from notes, texts and those entire BS.
- 6) You need to have 8hr of sleep to feel fresh in examination.
- 7) Cramming overload's the brain making it impossible to remember stuff.
- 8) Cramming becomes your habit
- 9) Cramming is limited for exclusive students
- 10) Executing cramming is a dead end job

## THE REALITY

- 1) It does not guarantee passing of exams, but sometimes it can help you score even higher than your expectation.
- 2) Doing it alone will bust your ass with tension and depression; with buddies you can enjoy the process.
- 3) Not exactly, if techniques are followed correctly, understanding of subjects occurs automatically along with contents gradually getting buried in your chest.
- 4) Nope, you just need confidence, self belief and zillions of determination.
- 5) You need only a fully functional brain and I am sure you already have one.
- 6) Congratulation 8hr of sleep, you're done with cramming and exams, pack your bag.
- 7) O.K so what about those trillions of nasty neurons doing inside your brain, having vacation?
- 8) Even I am addicted to sex, am I worried about it, no. If something allows me to enjoy a part of my life, a few sacrifices are fine.
- 9) Cramming is son of Revision; the ranker's are addicted to.
- 10) Even life is full of treachery and sufferings just play it hard.

## CHAPTER 3

### WHO QUALIFIES FOR CRAMMING

So you still catching with me for some dirty tricks to pass out the exams you will be facing next week or month, alright then fasten up your seat belt and look forward for your coaster ride.

So as the title suggest I am going to ask you some straight forward question and if the answer's are YES then congratulation you are appointed for the fucking job, so let's accelerate our wagon;

- 1) Are you human being or some alien who grab my book from some earthly planet?
- 2) Is living your life the way you wanted it, important or the way world wants you to live it important?
- 3) How do you see yourself after graduation (school, doctorate, etc)? Sitting in office while a sexy chick brings you a cup of coffee, or wandering somewhere on foot searching for next party spot, making loads of hell with daemons like you.
- 4) Do you want to enjoy your studying period or fuck the book till it ends getting a huge window on your eyes?
- 5) Do you want to spend time fucking and licking the spices of girl or burying your Don John, in the mist of notes?
- 6) Do you want to be famous in your educational surrounding's?
- 7) Have you ever tried to be nuts but lacked the time due to hectic schedule?
- 8) Did you wanted to bunk the classes to have a date with your lover?
- 9) Have you wanted to improve your financial standings while studying?
- 10) Did you ever thought, studying won't secure your future or studying isn't your passion?

If all your above answers are yes then welcome to my dirty cramming technique pages below, a dirty guide guaranteed to set your inner self free, free enough to live your dreams and your passion while pampering your examination.

And for those who answered NO, carry down, for below reading and memorize it for future reference, YOU NEVER NO, WHEN THE TABLE TURNED UPSIDE DOWN.

**WARNING:** The content below is situational dependent and techniques below guarantee your success to 60% the rest 35% depends on your work, and 5% on your luck.

# CHAPTER 4

## TYPES OF CRAMMING AND THEIR RESPECTIVE TECHNIQUES

Cramming can be classified on number of basis but here since we are already short on watch every time we will classify in three categories depending on the date of the exam.

### **A MONTH BEFORE EXAMINATION:**

“Exams dates are announced, oops! My party is going to be ruined, this shitty exams always bug my party,” I don’t have time to prepare such a massive syllabus, I am finished.

Situations like this occurs dozens of time, average JOE will either start skimming the syllabus rapidly without surety of remembering it, and after such a futile preparation, in exams the mugged things will vaporize off his mind, leaving him behind with one sentence to speak, “I have prepared so thoroughly, by-hearted the professors manuals, the texts etc, despite of them I forgot what to write in exams, studying is a tough job” and he then enters a favourite teen condition, “THE DEPRESSION”.

While on the other hand some of students can pull this things impressively, smart boys, well every human being is different.

so how do you excel, if you are not in their category, simple follow the steps below;

- 1) Call your pals and mentors and ask them for the materials related to exams, you can even ask for exam related important topic, and please don’t hesitate as the saying goes, “ it’s better to be fool for a moment and ask, then to shut and be fooled forever”
- 2) Keep in mind the names of subjects and rate them according to their difficulty, for e.g I had a subject CONTROL THEORY rated as 5,very difficult subject for me to pull out, it roasted my ass like hell.
- 3) Then divide your days accordingly as I gave a week to C.T, and please don’t sit hours staring at the flock of books at your desk, pick one and start.
- 4) Get your hands on university papers and prelim examination papers and start comparing the question, since you have a month, take your time and mark the questions that repeat in several papers.
- 5) Now time to shoot the boss, THE TEXTBOOK. Head directly to the summary of the book at back page and mug it up, solving the multiple choice question and short line answers. Once you get hold of them, long answers can be made easily out of them.

- 6) Now read the chapter like a story book, just casually let your mind register the words, important details are usually in the starting 10-15 line and ending 15-20 lines of the topics. read them and jot down important formulae or derivation on a sheet.
- 7) Carry this for other subjects and subsequent chapter, and by now fleets of paper will be flying around your room, be careful and preserve them they will be your bible till exam.
- 8) Read the formulae, see the important figures, watch the derivation sleeping on the paper as you ooze out shit in bathroom, or watching T.V, etc.
- 9) Prepare only formulas and see some solved illustration in maths that has been enough for me to score 60-75 easily, just try to figure out the methods, but don't mug them, there are zillions of them.
- 10) Never study continuously for more than an hour, take 5min brake listen your fav song, talk with your lover or just close your eyes and let your brain be drunk.
- 11) Try to crammer with your friends, the environment will be lite and healthy, but Hey don't start boys/girls night out, remember you have a bitch to fuck.
- 12) Don't punish yourself for this hard work, love yourself and trust yourself during these periods.

Probably, these steps will leave you with a week or two in your pocket, preparing you enough to fill up some pages of sheet. For preparation in last two weeks jump down below for second technique.

## **ONE OR TWO WEEK BEFORE EXAMINATION;**

Okay you have been partying, dating, eating, sleeping, doing thousands of activities enjoying your life, and now your wheels are punctured by the nails of exams and you are in state of leaving or breaking, "what should I do", is the only thought that is now ruling your mind and thought, taking you to the verge of dismay.

Should you leave everything to destiny and sit aside wondering what would happen in exams or stand as a lion roar like a thunder and place a dagger in the heart of devil named 'EXAM', if so follow these steps and you will be running on the Ventilator.

- 1) Start by burring those things that are going to make you lose the war, don't worry you can have them later or better be kind and donate it to me.
- 2) Count the subjects and divide them as stated above, rating them.
- 3) In a week or two you can't prepare the wildcards or anagrams or index cards, neither the notes, so leave them.
- 4) Start directly with earlier papers and jot down the important questions, read them and the theories related to them.
- 5) Practice figures, formulas, and derivation minimum three time to commit it to the permanent memory.
- 6) Ask help from the buddies who have already prepared the subjects, this is not recommended if you have month to prepare, coz in depth explanation will just confuse you and make you feel as if you know this chapter, resulting it into skipping the chapter and worse unable to remember it( though this may work for some, but it hasn't worked for me).
- 7) Now is the most important step; study the chapter as novel remembering only topics their sub topics and few contents of them, just read them don't bother to by heart it, your PHOTOGRAPHIC MEMORY WILL TAKE CARE OF IT.
- 8) VISUALIZE yourself writing exam, just see in the mind's eye yourself and your paper completely being written by you, and trust this it's a nuclear bomb for cramming.
- 9) Don't sit down to calculate numerical just look over them and figure out the technique and you are done, I do this even if I have a month for exams, and i just laugh at, how amazingly it works.

10) PREPARE SOME CHEATS, I am not joking, it's totally fair for me to cheat and pass out then to sit back and give that exam again, while I could be fucking some girl at my house, " Opportunity never knocks the same door twice", and if you some great soul you could use them as a reference while going for exams.

This steps will churn your head and smash it like a corn, it's more difficult to do in real life but again you have to do something, so just keep yourself pushing and pushing after all it's a very small price to pay for a whole year/sem of enjoyment, moreover it's temporary and soon it will phase out, remember you are a LION.

Now if you already are not snoozing, get ready for final type which is employed by billions of scholars and a technique that guarantees your continuation in next semester;

## **CRAMMING DAY BEFORE THE EXAMINATION:**

You are busy savouring your meals and suddenly your cell buzzes aloud, “hey pal,” you say, “where have you been all this days ,wait let me guess being a scholar means always crunching the words, and formulae , aint it buddy,” You speak with enthusiasm.

Suddenly your mouth freezes, sweat flows over your face, your body is paused as if someone has put his hand inside your mouth and snatched your soul out, its the arrival of exams.

While you were busy rattling here and there off the collage/school, the admin announced the dates of examination, a day to prepare and pass out the exam, it feels as if the whole universe is against us and no one wants us to leave happily. now the blood starts to flow as if the rocket thrust, heart pumps as if it was given a thousand tonnes of adrenaline, eyes blur out and tension begins to invade us, it might be a joke, we begin to think, but no it isn't, the exams are final and we have one shot, AN IMPOSSIBLE FINNAL SHOT!

Really is it that impossible, I don't think so. Cramming overnight is what I have been doing since secondary, and now it has become a habit which is executed with 0% resistance and 100% satisfaction, found out how I did that by applying a simple technique which is commonly ignored by many;

## **CREATE REACGNIZABLE AIDED MEMORY**

The technique here implies the use of self-hypnosis and anchoring. The subject while doing a task, difficult for him to remember uses a scientific pattern to link the inbuilt memory of brain with the incoming subject memory.

When we try to remember things by doing things number of times (practice), it becomes the part of inbuilt memory or the sub conscious brain or emotional brain. But when we require our brain to register thing in a very short span of time as a case of CRAMMING, the efficiency of conscious brain or logic brain or temporary memory is comparatively less then the potent sub conscious, it is like comparing the speed of FAMILY CAR with a FORMULA 1 RACING car, got the difference.

So if an already installed memory is linked or connected with the incoming logical memory, the memory sets itself in permanent neuron cluster and is easily fetched.

For e.g If I want to remember how TOM HANKS in movie FOREST GUMP acted, I just have to remember the way he talked or the way he ran (emotion) with that particular scene the other affiliated scenes and dialogues etc will be build in my mind and I can remember the whole movie in a short span of time.

But if I tried to remember the last things taught in lecture, probably 70% of it won't be brought out of memory no matter how hard it try, because what lacks is the EMOTION. Now what if in that lecture the professor was fun and the environment was joyous, with studies going in parallel, I bet I and you remembered 120% percent, 20% is that when you were busy starring the girl/boy next to you, same is the case if you were punished in the class. You might have experienced it too, if you attended the lecture, if not go and see it for yourself, beware not to turn out fool and say the Author said in the book.

## **HOW TO USE C.R.A.M TO REMEBER THE SUBJECTS;**

- 1) Read the important topics and associate a figure in your head, e.g when I read about INDUCTOR, I see a snake. Point is to let emotion bind with your subjects, and keep the artist in you for other creative work, just a simple image. Don't spent more then a minute for it, don't bother about remembering your adrenaline will take care of that.
- 2) Study the summary and let it be ANCHORED by tapping on the BACK OF YOUR HEAD.
- 3) Prepare only figures and formulae's, as mentioned above in your mind, don't use paper and pen, remember you have loads of work to do.
- 4) MINIMIZE YOUR SLEEP TO 3hr, yeah I hear you yelling at me that we were supposed to sleep 8hr and go fresh in exam, People that tip is for one who prepares from starting of the sem, not for special cases like us. Your body's defence mechanism will take care of everything; you just focus on FEEDING THE BEAST.
- 5) Drink plenty of water (coffee, energy drink, etc included, just don't overdose it. And please avoid alcohol). Wash your eyes and splash water on your face every FIVE min of an HOUR (recommended for all types of crammers).
- 6) Keep the night only for skimming and going through each and every topic of chapter you think is important, just read it. Also prepare your tools of examination at night only don't postpone it for morning

7) MORNING is meant only for two things, (1) First 20% of time is given to reading the remaining thing left at night , (2) Second 80% of time should be given for REVISING , REVISING AND REVISING, I know it's boring, but you got to pass that darn exam.

8) EAT LIGHT FOOD so you don't sleep in exam and NOR YOUR STOMACH GRUMBLES IN BETWEEN EXAM.

9) CLOSE YOUR EYES BEFORE LEAVING THE HOUSE FOR EXAM AND VISUALIZE GOD TAPPING YOUR HEAD ON TOP AND SMILING.

10) Refer to your notes if you wish (I don't recommend it) or gab with your friends/ listen to your favourite music (I recommend it) while marching to your warzone.

**COMPLETING SO FOR WILL DO GOOD TO YOU IF YOU JUST PLAY THE GAME WITHOUT CHANGING THE RULES.**

**REMEMBER WE ARE HUMAN BEINGS, NEVER REPEAT SAME MISTAKES "THRICE". HAVE FAITH IN YOUR DESTINY AND TRUST YOUR INNER STRENGTH, LIFE IS SHORT HAVE FUN USING THIS SHORTCUTS.**

**"IT IS ALWAYS ABOUT MAINTAINING BALANCE"**

## CHAPTER 5

### HOW I SCORED 7/10 IN MY ENGINEERING EXAM USING ALL ABOVE TECHNIQUES.

First of all let me clear you that I am not an average student, I have pretty fair working brain inside my brain, but the fact is I don't like studying. Studying is not my passion, reading is.

I am a student of ELECTRICAL ENGINEERING in INDIA, and before you start mumbling about why I took engg, let me clear you that I was always fascinated by electrical equipments, be it any. Though my biggest passion includes dozens of thing, Engg fairly occurs among that list, enough of my history DETECTIVE HOLMES let's get to the point.

During my initial semester I did fairly well studying 4-5 hrs daily, got two black punches beneath my eyes, due to sleep deprivation. Lost fair amount of girls whom i could have slept with, if I dint busted my ass in classrooms, despite of these demonic sacrifices to please the checker, to adore me with fine grades I never went above 6.81/10. I was literally busted and my mind wandering like hell for solution, nothing but a path of DROPOUT, a study frustration syndrome. Thinking I could make it big like STEVE JOBS I decided to plunder off at my thought, But destiny had some other meals for me, I introspected and realised the techniques which helped me from my secondary, and JACKPOT, VOILA , "EUREKA I FOUND IT" .

I began cramming, the cramming techniques at worst to finest and started to see results, improving them with every semester. At first my grades went down like a crashing jet with failed engines, but I dint gave up, I tried and improved, Exams became my laboratory to test my techniques, and results showed up throbbing from 5.69 to 7.5 in my second year.

This was the time when the technique C.R.A.M evolved. The route from my home to collage is 2hr up and 2hr down via train that sums to 11 hrs of continuous collage hours, sleep and food, watching porn excluded. Naturally i had no option then to opt for cramming. So in 2nd year exam when the exams were back to back leaving me with 3hrs out of 24hrs to prepare for subjects ( I dint prepared my subjects earlier in a week leave, given to students for preparation, nor did i studied before earlier).

I had determination and motivation enough to kill the rat, so I decided to prepare my hefty Bibles in remaining three hours that I got after reaching collage (trains schedule dint matched exams schedule so I have to leave my house early to grab the train). I started with first paper MATHS-3, I dint knew the chapter details, nor the syllabus, AND NEITHER THE FORMULAES, I haven't prepared them before, and neither i had paid attention in my lectures (as I was busy, making a new girlfriend, that's a long story) so I just skimmed through the chapters in first hour, C.R.A.M the formulae's, methods simultaneously in 2 and half hour. In 10 min I again glanced at the book READINFG IT AS A STORY

BOOK, and in last 5 min I listened to my favourite song "BROKEN WINGS", by ALTER BRIDGE. (15 min early a student has to report in examination).

I bluffed in examination, trusting my PHOTOGRAPHIC MEMORY, and my emotional brain. This procedure carried for remaining five subjects. And after exams were over I, kept my focus away from fear of failing and concentrated on my different passions.

The result arrived after 3 months, and I was fairly sure of failing in 4 subjects out of five. Pulse raised, sweat flowed, heart beat played a D.J, I was about to SWOON then suddenly my friend who was checking the result on website out of blue came and hugged me yelling in joy, that I passed the exam with 7.5 and stood 3rd in the class. I looked at him in dismayed but felt a sense of pride, ego, and electrifying energy when I invigilated the result it clearly displayed "CONGRATULATION! YOU HAVE PASSED THIS EXAM WITH 7.5/10"

I am not able to clarify that weather it was destiny, luck, my technique or something else but I was happy that my apples finally ripped and I was the one who was savouring it...

In this whole book you won't find the DONT'S OF CRAMMING, coz there really aren't any, every time you crammer it benefits you one or another way, except if you say holding book, you are cramming, while you let your brain wonder in the playboy magazine.

LIKE EVERYTHING IN THIS WORLD HAS POSITIVE, NEGATIVE CRAMMING ISNT DIFFERNT, BUT WE SHOULD NEGLECT THE FALLS SO THAT WE CAN RISE.

A WORD ON STRESS, DIPRESSION, ANXIETY;

Stress, anxiety and depression are common during exams and while cramming, it is in human nature, next time you feel them just affirm bringing it to LOGICAL BRAIN saying "I am feeling stress, but I won't stop studying", Me I just neglect it, by listening to a song or just THE SAYING GOES, "FEEL FEAR AND DO IT ANYWAY".

## CHAPTER 6

### YOUR DECISION YOUR FUTURE

This is the last chapter of eBook, where I will let you decide which path you want to choose, I suggest being flexible and not running on the same track. Though there are few more techniques which are more effective but they are out of the scope of this book, and take quite practice and time to develop. Cramming is science with art.

If you are like me who want to do hundreds of stuff in their life, experience things, live at their own term, who see study as a experience as a lesson to learn things and with enjoyment, rather than tumbling in hell for scoring grades to get a good job or salary or a greed of better future, You are most welcome to use this techniques to assist you in living a life you have imagined.

But if you are passionate about studying and/or scoring marks i suggest you use this as a general guideline, and not to be dependent on them, for it will become hurdle in your path. For you I suggest one thing "PARTY HARD, STUDY HARD". And try to see the other side of the coin too, "for life it is a small screenplay we are actors playing a role, when the role ends, we end but the PLAY GOES ON."

I have seen many people excellent in study but poor in living life, just like a robot, prevent yourselves from such handicap disease. On the other side the average lives life as if kings, they don't care about anything EXCEPT LIVING.

FINALLY IT'S UPTO YOU WHICH PATH YOU CHOOSE, EVERY PATH HAS TWISTS AND TURNS, THORNS AND FLOWERS, LIFE IS REALLY VERY SHORT CHOOSE YOUR PATH CAREFULLY.

The school and collage are important periods of life enjoy them by creating a balance. Personally I don't recommend cheating or cramming but as the law of flexibility suggests, Mould Thee self in favour of situation.

**STUDY SMART NOT HARD**

# CHAPTER 7

## ABOUT ME

This eBook was completed in a single day as the idea bumped to me when my friend (mentioned above), complained about how he couldn't support his financial condition due to his hectic studying schedule, and wanted a way out to caste them in his own way, but he was forced to travel that path.

As I write this book, my eyes run towards calendar reminding me of my final term exam on 5/06/013, yeah that's probably a month, which will pass like a breeze when submissions will knock my door asking for renting my time for 6days continuous, with 3-4 days donated for finding books/notes/etc and then FINAL CRAMMING aka PREPARATION OF WAR.

I have been writing for hours continuously, fingers are bulged up and the lappy is shouting for some sleep or else it will burn its cooling fan, really hot in India Going to quench my stomach and then sooth my eyes and brain.

REMEMBER ONE THING; "THE GREATEST WAY TO ACCOMPLISH AN UNPLEASANT TASK IS TO START DOING THE TASK, ONE FOOT AT A TIME".

I hope this book help you in some or the other way.

This book is meant to be shared, so spread it amongst your group or the one in need.

Keep checking for my upcoming manuals on stress and students, a full book of thoughts and a thriller novel, a hilarious comic novel, etc.

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**THANKS A LOT FOR READING**

**SEE YOU AGAIN.**