

JEE & NEET EXAM PATHWAY CHECKLIST

A Unified Starting Roadmap & Phase-Wise Milestone Tracker

JEE MAIN & ADVANCED SUMMARY	NEET UG SUMMARY
• JEE Main (NTA): Test of speed/accuracy. 75 Qs, 3 hours, +4/-1 scoring. Focus: NCERT+ level concepts. • JEE Advanced (IITs): Test of depth. 2 papers (same day), multi-concept integration, variable format. Requires strong analytical logic. • Eligibility: Minimum 75% marks in Class 12 Boards or top 20 percentile.	• NEET UG (NTA): Medical entrance. 180 compulsory questions, 720 marks, 3 hours 20 mins, +4/-1 scoring. • No Section Choice: Recent NTA updates require 100% chapter coverage. Skipped units carry severe score penalties. • Distribution: Biology (90 Qs / 360M), Chemistry (45 Qs / 180M), Physics (45 Qs / 180M).

SECTION 1: ADMINISTRATIVE & STRATEGIC SETUP (BEFORE YOU START)

- ☐ **Understand Exam Demands:** Study the latest syllabus and eligibility criteria. Establish a firm commitment to the rigorous 2-year preparation path.
- ☐ **Procure Core Textbooks:** NCERT Chemistry (Classes 11 & 12) is the ultimate priority. Secure NCERT Biology for NEET and standard problem-solving guides for Physics (e.g., H.C. Verma) and Math (e.g., Cengage/RD Sharma).
- ☐ **Set Up Your Study Environment:** Establish a dedicated, quiet, and distraction-free workspace. Remove digital devices during study hours to maximize focus.
- ☐ **Formulate Your Study Timetable:** Aim for **6-8 hours of focused self-study daily** (excluding coaching hours). Divide this time equally across the three core subjects.
- ☐ **Acquire Prep Materials:** Gather high-quality spiral notebooks, colored pens (for highlighting), index cards for flashcards, and a folder for physical mock tests.

SECTION 2: PHASE-WISE STRATEGIC ROADMAP (24-MONTH PLAN)

Phase 1: Foundation Building (Months 1 - 6)

- ☐ **Master Mathematical Tools:** Build complete clarity on Basic Calculus, Vectors, and Trigonometry in Physics. These are critical for all subsequent chapters.
- ☐ **Secure Chem Basics:** Learn the **Mole Concept** and Stoichiometry inside out. It is the cornerstone of all physical and analytical chemistry.
- ☐ **Develop NCERT Habits:** Practice reading NCERT chapters actively. Highlight key terminology, underline definitions, and solve all in-text/back-exercises.
- ☐ **Establish Habit Tracking:** Maintain a simple daily diary tracking your focused study hours and topics completed.

Phase 2: The Core Grind (Months 7 - 12)

- ☐ **Prioritize Conceptual Clarity:** Do not skip steps. Dedicate intense effort to **Mechanics (Physics)** and **Coordinate Geometry (Math)** or **Physiology (Biology)**.
- ☐ **Avoid the Rote Trap:** Solve intermediate problems that test the *derivation* and physical intuition behind laws, rather than memorizing formulas.
- ☐ **Incorporate Active Recall:** Regularly close books and write down reactions, biological pathways, or mathematical proofs from memory on a blank page.
- ☐ **Attempt Topic-Wise Tests:** Take weekly 30-minute timed tests on single chapters to identify immediate conceptual gaps.

Syllabus completion is a marathon. Remain resilient when topics get challenging; focus on deep understanding.

SECTION 2 CONTINUED: PHASE-WISE ROADMAP

Phase 3: Class 12 Surge & Integration (Months 13 - 18)

- ☐ **Manage Board & Prep Collision:** Sync your Class 12 board preparations with your competitive syllabus. NCERT alignment makes this highly achievable.
- ☐ **Deep Dive into High-Weightage Chapters:** Focus on Electromagnetism & Optics (Physics), Organic Chemistry, Calculus (Math), and Genetics (Biology).
- ☐ **Incorporate Multi-Concept Questions:** Practice solving questions that interlink concepts from multiple chapters (crucial for JEE Advanced).

Phase 4: Timed Revision & Assessment (Months 19 - 21)

- ☐ **Transition to Mock Practice:** Solve full-length papers under strict exam conditions (3 hours, exact timing, no breaks).
- ☐ **Analyze Mock Results Ruthlessly:** Spend 2 hours analyzing every 3-hour test. Identify whether mistakes were due to conceptual gaps or silly errors.
- ☐ **Implement Spaced Repetition:** Re-visit core Class 11 concepts systematically. Do not let old chapters fade while learning new ones.

Phase 5: Peak Tapering (Months 22 - 24)

- ☐ **Rely Heavily on the Error Log:** Focus your revision entirely on resolving recurring errors documented in your Error Log.
- ☐ **Solve Previous Years Questions (PYQs):** Treat 10-year official PYQs as the gold standard of practice. Avoid unnecessary and overly complex unofficial papers.
- ☐ **Taper and Protect Health:** Ensure 7-8 hours of regular sleep. Maintain mental composure, keep stress minimal, and trust your consistent preparation.

SECTION 3: SUBJECT-SPECIFIC CHECKS

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| ☐ Physics: Master Mechanics, Electromagnetism & Optics ; these chapters alone constitute over 50% of the weightage . | ☐ Math (JEE): Prioritize Calculus (5-6 Qs in Advanced) and Vectors & 3D Geometry (extremely high yield). |
| ☐ Physics: Maintain a clean Formula Book . Write down derivations, boundary conditions, and typical physical traps. | ☐ Math (JEE): Focus on proof-based logical derivations. JEE Advanced rewards understanding over rote memorization. |
| ☐ Chemistry: Read NCERT line-by-line (especially Inorganic & Organic). Pay close attention to exceptions and reaction catalysts. | ☐ Biology (NEET): Memorize every diagram, table, and footnote in NCERT Biology. It contributes 360/720 marks. |
| ☐ Chemistry: Solve Physical Chemistry numericals (Kinetics, Electrochemistry, Thermodynamics) daily. | ☐ Biology (NEET): Solve 100+ MCQs per chapter to build speed, accuracy, and quick active recall. |

SECTION 4: DAILY HABITS & PERFORMANCE REFLECTION

- ☐ **Solve 30-50 Numericals/MCQs Daily:** Steady practice builds muscle memory and prevents conceptual fading.
- ☐ **Maintain the 'Error Log':** Treat mistakes as learning currency. Keep a dedicated book to log every failed problem, why it was failed, and its correct solution.
- ☐ **Protect Mental Health & Sleep:** Burnout is the single biggest threat. Prioritize 7-8 hours of sleep and short walks.

Template: How to Structure Your Error Log (The Most Powerful Tool for Rank Boost)

Chapter Name	Incorrect Concept/Problem	Nature of Error (Silly / Conceptual)	Corrective Action & Formula
Rotational Dynamics	Incorrect moment of inertia about off-center axis	Conceptual	Apply Parallel Axis Theorem correctly. Re-derive formula.
Mole Concept	Calculation error in molarity dilution formula	Silly	Double-check arithmetic. Write down dilution formula clearly.
Genetics (NEET)	Mismatched phenotypic ratios in dihybrid crosses	Conceptual	Re-read NCERT page 78; draw Punnett square completely.

