

Voiceover: Welcome to the Extra Mile Podcast for Bar Exam Takers. There are no traffic jams along the Extra Mile when you're studying for your bar exam, and now, your host, Jackson Mumey, owner of the Celebration Bar Review.

Jackson Mumey: Hey, everyone, welcome to Episode 42 of the Extra Mile Podcast. This is Jackson Mumey, your host, and I'm really glad that you're with us today. Thanks for taking time out of your day to spend a little bit of time finding out more about the bar exam and learning what's going on. We've got a pretty special episode for you today. This is the second part of my interview and discussion with Elena Ducharme. In Episode 41 we started the conversation. If you haven't listened to that, I invite you to do that. You can find it on our website at celebrationbarreview.com by clicking on the podcasts link or by going to iTunes, and certainly you can subscribe to the podcast as well.

In Episode 41 Elena and I started talking about what it is that causes people to not get what they want when it comes to the bar exam. Elena is an expert in the intersection of two very different things, the bar exam itself and a field of learning and psychology called neurolinguistic programming or NLP. Elena has been part of our staff working with our Successful Test Application Resources or STAR program for several years now. She's worked with a lot of our students, had great success. I think she's one of the really expert people probably in the world in how you take high-stakes testing and make it work, particularly for the psychological elements and the test anxiety and the problem elements. I really love working with her. I love talking with her, and so in this second half of our interview we cover a lot of subjects. I wanted to just briefly let you know what you're going to be hearing today.

She and I are going to be talking about failing the bar exam and why that happens and what causes that. That's where we're going to pick up the interview. She's going to tell you about why she thinks that you can see failure as an opportunity, not just in other areas of your life but certainly on the bar exam, itself. That may surprise some of you. Then we're going to turn our attention actually to the STAR program that we offer at Celebration Bar Review. Elena is going to describe a little bit of what she does when someone onboards into that program and how she orients and gets them set up and how it integrates with what I do in the substantive part of our preparation.

She's then going to say something that I really want to emphasize here which is that in the field of NLP there's a saying that there's no failure, only feedback. I think this is really important. She's going to describe for you why it is important to treat failure as feedback, and that was sort of an overarching theme of the second half of our discussion. She's also going to give you a couple of really good, brief NLP techniques that you can use right now to help you with your studies and to help you improve the way that you feel about the exam, particularly if you're a repeat bar taker. These are things that she describes as

techniques that will help you get the horror movie out of your head about the test or about any test or the bar exam specifically. They're great techniques. She's also going to talk with me a little bit about the power of visualization and why people sometimes focus on failure and what happens when they do that focusing on failure.

Then we're going to wrap up by talking about an integral part of our course, which is called PhotoReading. This is a program that we're going link to in the show notes for you. It comes from learning strategies, and it's been around a long time, but we've been using it exclusively -- so far as we know, no other bar review course uses it -- for many years and with great success. Elena is going to talk about how that fits into what she does in the STAR program and how students can use PhotoReading to improve their scores and success.

It's a terrific interview. I do have to apologize. We had a terrible phone connection, and I'm just going to tell you we can't figure out how to fix that. I didn't want to lose what we talked about. I didn't want to try and recreate the interview, so I apologize in advance for the sound quality. It's just not what we would normally expect or want to do, but what Elena had to say was so good and so valuable that I wanted to get this out to you. I promise I'll do better in the future and figure out a better way to get those recordings. Most of them, frankly, go better than that, but the content was so good I didn't want you to miss it. We will have a transcript you can link to if you have difficulty hearing any part of it.

I also want to invite you ... Before we jump into the interview itself, I want to let you know that there will be a free live webinar on Thursday at 3:00 pm Eastern for current and future bar takers called How to Make the Next Bar Exam Your Last Bar Exam. This is a look at the four steps that you have to take in order to pass the bar based on my experience and Elena's work, and it's pretty important stuff. It's a 90-minute live class. Again, 3:00 pm Eastern, 12 noon Pacific time. It's free to attend, but you do need to register because we keep the size of the course small enough that we can provide some good interaction for you during that time. There's one of two ways you can register. If you would like to go to our website, you can go to celebrationbarreview.com/webinar. That's celebrationbarreview.com/webinar and register there, or you can, if you prefer, use text messaging. Just text the phrase "nextbarexam" to 33444, so text the phrase "nextbarexam" to 33444, and we'll get you registered that way. Then we'll see you Thursday at 3:00 pm Eastern to find out how to make the next bar exam your last bar exam.

Well, we've got a lot to cover in today's episode, so I want to just jump into the content. We're going to pick up right in the middle of the interview and jump right into our discussion with Elena Ducharme.

I know you're going to give a great answer.

Elena Ducharme : What would I advise the person that is starting to develop an identity that they're a failure as a person?

Jackson Mumeey: Yeah.

Elena Ducharme : First of all, we have to just reframe that for them because this is what we do in our culture is say that if at first you don't succeed, you're a failure. I talk about all of the people ... Now this doesn't always help because it is so painful to fail the bar exam. There's so much trauma around that, around getting your results and seeing that on the computer. There are so many little mini traumas that occur in that. I don't want to diminish the pain of that, but I will often remind people about just the famous people who will always say, "Well, success is about being willing to fail," like Thomas Edison obviously said, "I didn't fail. I tried a thousand times, I failed a thousand times to get the right light bulb." There's really such a setup in our culture that you're just supposed to be able to pass it and move on.

There's a couple of things. One is that I do reassure them that everybody that I know that has really taken it to heart and taken a good look at themselves and the reason that they failed and the reason they feel bad about themselves finds something so much deeper than a person that just passed and moved on. This can be the opportunity to really learn about yourself as a human being, to change the way that you relate to yourself, to become more compassionate. Also, ultimately, it gives you the feel ... allows you to have compassion for your clients, all of whom are going to be beating themselves up. They're either going to be outraged at something that someone else did to them, or if you're in the criminal justice system and you're working either as a prosecutor or a defense attorney, it gives you much more range as a human to have gone through something yourself. It's actually a good experience on many levels, however painful as it is.

Jackson Mumeey: It's a good experience for teachers, too, isn't it?

Elena Ducharme : Oh, yeah, it is. We all have to be willing to fail. This is the thing. Learning requires failure. If you are not willing to fail, if you are not ... you cannot be with failure, you cannot learn. It's harder as an adult because we're programmed ... When we're in school, when we're little and we're in school, learning is our job. That's all we need to do. We're not learning necessarily for a purpose. We're just growing up. We take it step by step based on where we're at. When we're doing an eight or nine-week course to pass the bar exam or a 16-week course, or whatever, we are so goal-oriented. It is all building toward something that for a lot of people is at least slightly scary. It's a very different type of learning. Adult learning is very different, so it can really trigger us.

Anyway, the whole issue of failure, does it mean I'm a failure? Does it mean I'm not a failure? Of course, I don't think anybody is a failure. Everybody has ... If you didn't pass the bar exam, there's probably a good reason that has to do

with something which, if you investigate it, you will get an enormous amount of value out of that. That's just one tiny aspect of this "Am I a failure?" question. You learn to step out of, too, and when you can learn to do that, oh, my gosh, you're going to be a better parent, you're going to be a better lawyer, you're going to be a better person to be in a relationship with, you'll be a better partner, business partner, on so many levels if you can really meet this question and ...

Jackson Mumey: Absolutely. That's a great response. Let me pivot for a moment and just talk a little bit about what happens in Celebration Bar Review course, someone has enrolled in the STAR program, and we have set up their first appointment with you. What are you going to do with them as part of STAR? It might be just helpful for folks that are trying to evaluate whether or not this is something they could use as part of their own bar prep.

Elena Ducharme : What I do is I usually send a questionnaire because there's a lot of information that I like to get from people about how many times have you taken the bar exam, what do you attribute the critical failure to, family background, whether or not you've ever practiced, what are your beliefs about lawyers. I ask a lot of different questions that allow us to, when we get on the phone or get on Skype, to have a lot of the basics out of the way so I can launch, really, into what might be going on, where do they really need the most help, what's going to be the best strategies for us when we're working together, what are the best tools that I might use with them. I'd like to know immediately if someone is already really anxious, and it's just the beginning of their studying. Is someone going to be working full time? Is that going to be a self-sabotage ultimately? Sometimes I get people that say well I can't take any time off whatsoever, and I'm thinking, "Well, it is possible to pass the bar exam, but how much of that is really true or how much of that is something that you're doing to yourself that you can't even take off, say, the last two days or the last week?"

I'm looking at what's going on in their life, who are they taking care of in their life, what are their obligations around work, how much study time do they have, what is their daily routine, all of that. Do they exercise? How is their sleep? Do they take any medications? All the way over to, what is it like when you do essays? How much do you practice? What's the feedback you've gotten?

When it comes to, quote, unquote, failures, I am looking at it as ... We have a saying in NLP, "There is no failure, only feedback." That is such a much more useful frame for this idea of failure, that actually failure is just feedback saying, "Okay, not that, not what you just did, but something else. Try something different." That's really the other thing I'm looking at is what is it that they could try that would be different and useful as a way of troubleshooting whether this has to do with more essay practice with you or changing a schedule around or getting more sleep or setting a boundary with their family or relieving past trauma. Anyway, we have a session where we assess all that out.

Then we're doing what I would call an NLP-style [change work 00:13:17] or I see some techniques that they can use on their own. I see how these different techniques work with them. I will send them audios of processes to use on their own, especially if they've had [inaudible 00:13:31] around the exam or getting results or, say, law school, difficulties in law school. They'll do some stuff on their own. Sometimes I'll send them audio recordings to listen to every single day to help their mindset, and then I'm troubleshooting when we check in on our calls and seeing how's this working, how's this going, do less of this, do more of that, let's try this technique. That's what we do.

Jackson Mumey: Right, and I'll just tell those of you that are listening today that the reaction from our students in the STAR program to what Elena's doing with them is really remarkable and uniformly positive. I often get students who, when I'm then working with them concurrently, to work on their essays and their substantive studies, will say, "You know what? Elena showed me this tapping technique, and this breathing technique, and these other things that are really making a difference as I write my essays, and this is coming together for me." It's really wonderful to see the growth that happens in people. Frankly, sometimes they'll say, "You know what? I had these conversations with Elena, and it really unearthed some stuff that I had buried pretty deeply that I now realize was really holding me back." I can see the change as a teacher in the kind of work that they're doing. It's like breaking open a dam, and the work is pouring out. I think it becomes a really valuable tool to work in conjunction with here's what the law is and here's how to write an essay and take a multi-state question and so on. That's pretty cool.

You mentioned some NLP techniques and I just talked about a couple, but do you have a couple of go-to techniques that you could share today? Just quick techniques that people who are listening might want to think about for themselves?

Elena Ducharme : Let's see. What are the quick ones that people could look up and use for themselves?

Jackson Mumey: Yeah.

Elena Ducharme : Well, one thing that's really useful is always to make a picture of what we call an NLP or desired state, which is you taking the bar exam ... When I say "make a picture," what I would recommend that you do is point your eyes ... hold your chin steady and point your eyeballs up and to the right and make a picture of a slightly future version of you who is -- let's just start with studying -- studying in a calm, focused state of mind, taking in information, feeling confident, learning, allowing themselves to learn, and not expecting any more than you're ready to learn happen right now.

Then make a picture of yourself, and just imagine it sitting there up and to the right. Then, beyond that, make another picture of yourself taking the bar exam

in a calm, confident state of mind and just flowing through all the hurdles. The bar exam is not a joke. It's a really tough test, so don't downplay it, but just notice what it's like for you to rise to that occasion and see yourself doing that, dealing with everything, not having to get it perfect, and just continuing to skip your rock over the water, in the essays just giving the right amount of detail and moving on. Just making a smooth [unwrap 00:16:50] of the essay, write off and on to the next one, write off. Just picture that happening from the outside as if you're watching it in a video. Beyond that, you can make a picture of the version of you who has already passed the bar exam and is well on their way.

If you have fear that comes up around any of those stages, that's a clue for you about where you need to work, where there might be some fear or trauma or something that you might need to clean up. Here's the thing. This is something that I tell my clients all the time. If all you're running is a horror movie in your head about the bar exam or about what's going to happen after the bar exam, because this is very common for students to think their life is going to suck once they start practicing law, it's not required. That doesn't have to be the way it is, but if all you're doing is running a horror movie in your head of studying badly, blowing it on the bar exam, getting terrible results, being shamed and humiliated, and/or passing the bar and hating your life because you're practicing law now, your critter brain is going to say, "Huh-uh, no, I don't want that," and it's going to try to do whatever it can do to make you not do it. It's going to fire off the fight/flight response. It's going to say, "Well, I'm not going to take you there, or at least I'm not going to take you there easily." Then you're just going to have to consciously strong-arm yourself into moving toward that horror movie.

The truth is most of us have some of that going on underneath, at a subconscious level. We do have a fearful movie playing for ourselves. This is a diagnostic tool, but here's the other thing. If you can, allow yourself to click and drag any fear that might be up and to the right over to the left and just drop it over there and get a nice, pure, clean picture of you with your outcome accomplished, say walking confidently out of the bar exam and then see yourself maybe getting sworn in ... If you can see that and step into that picture and feel the good feelings and make that image really strong, if you do that on a regular basis, that trains your subconscious mind that that is safe. It actually gives your subconscious something to point toward. The thing you need to remember is your subconscious is in control of about 98 percent of everything that you are doing at any moment, what you're thinking and every behavior. From brushing your teeth to tying your shoes to driving to taking an essay, your subconscious mind is pretty much running most of the show. You need to give it a positive picture to move toward, and then it's going to know.

The language of the subconscious is pictures, sounds, feelings, and also smells and tastes. Throw some chocolate smell up there or a pizza, whatever it is that smells good to you, but that's how you train your subconscious to do what you want it to do. You need to replace the horror movie with a positive picture that

feels good and sounds good and looks good, and smell is very handy. If you keep doing that and visualizing that, it will start turning your shift in that direction. It doesn't always happen like that, but it really helps, and you need to do it regularly, like every day.

Jackson Mumey: I think sometimes that people expect that that's going to be an instantaneous change, and while it's possible, it's not often that it occurs that way, that this is a lifetime and beliefs and views and behaviors, and changing those takes some concentrated effort. It takes coming out of the trance, I call it, that we put ourselves into on a regular basis about all sorts of things that we can or can't do. Changing that dialogue, that movie you call it, the horror movie, into something that's better ... This is where I live, folks. I think of Wylie Coyote and the Roadrunner cartoons. Elena was talking about this wonderful subconscious. I think of Wylie Coyote running off the side of the cliff, and he's perfectly happy until he looks down. Then he realizes he's going to fall. I think there are people who are Wylie Coyotes. They're just constantly looking to fall and talking about their failures. I've had lots of students over the years who have said to me in many conversations, "Well, I just can't fail. I just can't fail. It would be a disaster if I failed. It would be the worst thing if I failed," and they won't shut up about failing. It becomes so much the motivation of what they're doing, it becomes so much their language and their world that, of course, they fail because that's all they've thought about.

Elena Ducharme : It just makes it inevitable, absolutely. They're training their subconscious. Oh, I fail. I'm supposed to fail. You know, it is easier said than done. It's so good that you said that. It's not like, oh, you just make a positive picture, and it's all clear and there's no scary what we would call tale-enders coming and going, "Yeah, right, like you're really going to pass the bar exam." This is why affirmations are such a challenge. You can't just tell yourself, "I'm going to pass the bar exam." You really ... To train your subconscious mind, it doesn't think in words. It thinks in pictures, sounds, feelings, and so you need to ...

Jackson Mumey: Which is why a vision board is really helpful, right, to paint a picture ...

Elena Ducharme : A vision board is great. We use a vision board in the STAR program. That's really great in training your mind, but, yes, this also will diagnose for you if there's any fears when you think about doing this or if you have beliefs that come up, that come in the back. You'll look up there and say, "Oh, yeah, right. That's never going to happen" or, "Oh, no, I've never been able to write an essay in less than an hour and a half." That tells you where you need to work because you also have to simultaneously clear that. Actually just envisioning things in a very embodied way will start changing your trajectory, and you only need to change your trajectory a degree or two in order to create a totally different outcome for yourself. You don't have to study your whole life to pass the bar exam.

Jackson Mumey: Which is really encouraging, I think, for most people.

Elena Ducharme : It is.

Jackson Mumey: I can talk to you for hours, but I'm not going to. Before we wrap up, I want to take one other big topic that comes up a lot, and that is to talk about this thing called PhotoReading. You and I have a common fascination with this subject and this technique that comes from our connection with Paul Scheele, the Director of Learning Strategies out in Minneapolis, and I know that you've followed Paul's career and the things that he's done and the work that he's done in bringing education and the realm of the pre-conscious or the critter brain together. Can you talk a little bit about PhotoReading and what you think about it?

Elena Ducharme : I think PhotoReading is amazing, and not just because of what PhotoReading does for students. It's not just the PhotoReading. It's actually Paul Scheele's whole course which you offer in the STAR program. They get the whole course. The guy is a genius at speaking to you in a way that helps you feel smart and that you can learn exactly what you need to learn and also causes you to appreciate the power of your mind at so many more levels than what you're currently aware of, really this infinite intelligence that he really reveals. He speaks hypnotically as well because he's a master of hypnosis and NLP. Really he's so excellent at how he delivers the course. You get into this kind of trance-like state learning this course and appreciating yourself and getting all this positive belief reinforcement.

Then you start doing the PhotoReading itself, and it's amazing because what it's doing is it's recruiting the power of the other parts of your mind, the non-conscious parts of your mind which, as I said earlier, are running 90 percent of all of us all the time and actually tapping into that. Because those parts of your brain operate so quickly, they're actually estimated about 20 ... For every neuron that fires at the conscious level, a million neurons fire at the subconscious level, so it's tapping into the power of that. What you're learning in PhotoReading because actually ... Why don't you tell them what PhotoReading is first before ...

Jackson Mumey: Sure. If you're not familiar with PhotoReading, it's a whole mind reading system in which material that might take you ... typically like our bar review outlines might take you 8 or 10 hours to read a subject outline. You can PhotoRead in about 30 minutes. What makes it odd to people is that after you've done the PhotoReading you will have very little conscious recollection of what you've read. It's not photographic memory. We're basically doing an end run around your prefrontal cortex. We're going back to what Elena's called the critter brain. The material is going there where all material goes. Everything that you learn goes there.

What PhotoReading does so effectively is teach you how to access that. Again, the pre-conscious doesn't use words. It uses images and pictures and color and feeling and what we would think of as an intuition or gut feeling. Malcolm Gladwell

called it the blink. We've got this ability to then say, "I know what the answer is, and I don't have to sit there and try and wrestle through in my mind, my mnemonic devices and my flashcards and my attack outlines and all of that. It's just in my head." People are freaked out when they PhotoRead because they do it, and they say, "Well, all I did was flip pages." My response is, "Yeah, that's right. That's all you did, and you could have read it upside down and backwards, and you'd get exactly the same thing," because it goes into your subconscious, pre-conscious, exactly the same way, and we're going to show you how to pull it out through what Paul teaches. Then we supplement it in the bar review side, and you work with students in STAR with it as well.

We have seen this extraordinary change in scores when people buy into using it. They move their multi-state scores up by crazy numbers. I'm afraid to even say them on a podcast because there's somebody out there, I'm sure, that'll go, "Oh, that can't be."

Elena Ducharme : You can't make those representations [crosstalk 00:27:58].

Jackson Mumey: Yeah, knock yourselves out, folks. You just keep taking that bar exam, but the people who buy in and do it see these remarkable changes in what they're doing. As Elena said, it's more than just learning the technique of PhotoReading. It's really learning how to access some greater percentage of your pre-conscious brain. I think one of the things that probably you and I have both learned from Paul is that ability to be soothing. We're not quite as good at being hypnotic. You're better than I am, but Paul really is the master of just ... kind of just ... just relax and ...

Elena Ducharme : You melt right through the course. You don't even have to have any effort. You're not expending effort to learn in that course.

Jackson Mumey: It's crazy. It's wonderful.

Elena Ducharme : All you have to do is be willing to try. It's amazing. What the students say to me is ... It's almost as if you have the knowledge of everything you've read intuitively. Like Jackson was saying, you don't feel like you know it in the way you're used to feeling like you know things. You really learn ... What you end up learning is how to trust yourself at a totally different level. This is always a positive thing for human beings. When it comes to taking the bar exam, what seems to happen is somebody will be going through the MBEs, let's say, and they don't know why they know the right answer. They just do. That can be really weird at first, but what results then is, if you allow yourself to trust that and you go with it, you end up with magically higher bar ... MBE scores. It is very interesting. It is tapping this incredible power of your brain.

Now, the critter generally, just as a little correction from my lexicon, the critter the sites like ... It's the cavalry, and it's beating people up or it's helping you run. It's the one that's always watching for safety and survival, but then there is this

enormous subconscious brain that is infinitely fast and has all kinds of connections. There's some sort of very incredible and mysterious way that the PhotoReading helps [inaudible 00:30:15] that power.

Jackson Mumey: Obviously, you're correct. I'm sorry. I misspoke that.

Elena Ducharme : Oh, no, it's all good.

Jackson Mumey: When people start to tap into that, it's like catching a wave surfers tell me. It's like getting into the zone. You can find all kinds of analogies in life for this, but it is powerful. We've had the opportunity to share some of our past successful students' stories in these conversations. A fair number of them have talked about PhotoReading and the aspects of NLP and the work that they've done with us as things that put them into that zone and gave them that success.

Obviously, students in Celebration Bar Review have the option of adding the Successful Test Application Resources or STAR program to their course and getting this opportunity to work with you, but if someone were trying to reach you independently, I know they can do that as well. Where would they find out more about Elena Ducharme and what you have to offer?

Elena Ducharme : You can always go to my website, elenaducharme.com, and you can ...

Jackson Mumey: We'll link to that in ...

Elena Ducharme : That website is really oriented towards non-bar exam students. I don't have ... I work with a lot of people. I work with people primarily in two categories, bar exam people who find me ... They find me through other sites or they find me through Jackson. Then I work a lot with people, entrepreneurs or people starting businesses, to help them with making money and being successful, so it's a lot of issues around success.

Jackson Mumey: After you pass the bar ...

Elena Ducharme : It's very similar. You can always find me on my website. You can write to me from there.

Jackson Mumey: We'll link to all of that in our show notes so people can find it as well. Listen, I am so grateful that you took this time out to talk with us and share some of what you're doing. I think that there are an extraordinary number of people who are probably listening today going, "Wow, that is what I need. That's the missing component for me." I just want to say to those folks if you're thinking if that's you, act on that. Contact us. Let's talk about it. We don't recommend this program for everyone, but we do find that when we get someone into this program, it's not always an immediate one-and-done kind of success. We've had to work a few times with some people, but we've had some successes with

people, quite frankly, that I don't think anyone else thought could pass the bar exam.

Elena Ducharme : That's true.

Jackson Mumey: Yeah, that's really true.

Elena Ducharme : Yes, many times, and the other thing ... This is going to be ... You may take this as saying like ... A lot of people will say, "Even if I don't pass the bar exam, I've already learned so much. I'm so glad that I did this, and I understand the value of me not passing because I would never have learned this about myself or felt so much better about myself and my life had I not failed the bar exam and gone in desperation into this STAR course."

Jackson Mumey: Yeah.

Elena Ducharme : Yeah, we want people to pass the bar exam, but there's so many more rewards than just passing the bar exam. It's like a life course. These are tools that you take with you for the rest of your life. They make you a better lawyer. They make you a better learner as a lawyer. They make you a better person. They help you to feel good about yourself now instead of in the future. We all predict we're going to feel so happy when we pass the bar exam, but that isn't the case because we're still us. This is a gift that keeps giving, it's true, if you can give it to yourself. We just happen to get people that come to us because they are so bummed about their situation, but it can end up being a real gift.

Jackson Mumey: It really can. I just want to say, on a personal level, that working with you is absolutely one of the great joys of my professional career. This is one of those things where you reach out to the Universe, and you say to the Universe, "Look, I know I'm on the right track, but I need some help here. I need to find that person." Then one day you open your email, and there's an email from that person saying, "You know what?"

Elena Ducharme : I like your video.

Jackson Mumey: "I just came across your video, and we seem to be thinking about the world in much the same way. Gosh, I'd like to know more." Then it happens. Those of you that think, "Oh, no, it can't happen to me," I just want to tell you, folks, I went to the Universe. I said, "I need someone out there who does this who is an expert," and it's not like there's a lot of people that understand the bar exam and NLP and these issues that we've been talking about. I don't know. There's a handful, maybe, in the world, and one of those handful just showed up, and I've been a beneficiary, but our students have been enormously benefited by what Elena does. I'm just delighted that we could share just a little sliver of how that process works with our listeners today. I know that this will be something of great value to them.

Thanks, again, for joining me today. To all of you who've been listening, we're just thrilled you came alongside. If you've got questions, I'll be glad to answer them. Lots of information in the show notes for the things that we talked about today. With that, I'm going to sign off. Thank you all for joining us today.

Elena Ducharme : Yeah, thanks everybody. Don't give up on yourself.

Jackson Mumey: Absolutely. All right.

Elena Ducharme : Okay.

Jackson Mumey: Well, that wraps up today's episode. Thanks so much for listening. If you'd like to be part of our Extra Mile for Bar Exam Takers private Facebook group, just check the show notes. You'll find a link at which you can request an invitation, and we'll see you along the Extra Mile.

Voiceover: Thanks for listening to the Extra Mile Podcast for Bar Exam Takers at www.celebrationbarreview.com.