

Speaker 2: 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. Now, your host, Jackson Mumey, owner of the Celebration Bar Review.

Speaker 3: Hey everybody, welcome to episode 32 of the Extra Mile Podcast. This is Jackson, and I'm really pleased that you're with us today. Thanks for taking time out of your day to find out a little bit more about the bar exam and what's going on in the world of the bar exam. We are still in the season of bar exam results coming out, and there's a bit of a lag, typically, between the Florida results and then some other major jurisdictions like New York and New Jersey and Texas, and then we tend to follow up near the end of the season in California and Georgia. Right now we're in that period when a lot of the uniform bar exam, or UBE jurisdictions, are releasing results, at least as I'm recording today. We're getting great results out of those jurisdictions. There are not typically a lot of people taking the exams, they're smaller states, but good results. Really exciting results, and congratulations to all of our students who've passed the UBE, but also obviously to everybody out there who's taken and passed that exam.

Today's episode is a continuation of the series that I did a few years ago on Youtube called "Bar Exam Peace," and in this particular lecture, I'm going to be talking about the idea of trust as being really critical to being successful on the exam. I'm going to be talking about who you should trust and who you probably shouldn't trust when it comes to studying and preparing and taking the bar exam. I think that given the skepticism of the legal profession generally, it's very easy to become so cynical and so distrustful, that you really end up being very isolated and very alone, and very frustrated by the entire process. That rarely works to a bar taker's advantage. In this message, I'm going to be focusing on what I think you do need to trust in, and why you should be putting that trust there, and I hope you'll stick around and listen to that discussion, I think it's a useful one. It's one over the years that people have told me has made a big difference for them. I'm glad that you're going to share that message with us here in a few minutes.

I also wanted to let you know that if you find these podcasts useful, that we would love to have your honest rating and review on iTunes. You can also go to iTunes and subscribe. We put out these podcasts twice a week, and we are thrilled at the number of subscribers we have. Always glad to have more folks come along, and if you've not subscribed, go ahead and do that. If you'd like to check out past episodes of the podcast, you can go to our website, which is celebrationbarreview.com, click on the link at the top of the page for podcasts, you'll find the show notes and all of the past episodes. You can also subscribe from that page as well. Feel free to do that, and I hope you do.

Lastly, I want to just remind you that we're doing a free master class, I'm doing it live on Thursdays. The title of the class is "How To Make the Next Bar Exam Your Last Bar Exam," and I'll be doing that on Thursday at 3:00pm Eastern, 12:00pm Pacific time. You can register, it's limited enrollment, totally free, but

limited enrollment, and you can register by going to our website at celebrationbarreview.com/webinar, so that's /webinar, or you can register using text messages by texting the phrase "nextbarexam" to 33444. Text the phrase "nextbarexam" to 33444 and you can register there. I hope you'll join me live for the master class. It's the 4 steps that every bar taker needs to take to pass. It's proven to be really valuable information. It's filled with content, things that you can use right away, and I really invite you to be part of that process and I think you'll like it. I think there's a lot of information there that you can use if you're taking your bar exam in 2016 or 2017.

There's a lot going on, results continue to come in, more is happening. If you're still waiting for your results, good luck to you. If you've gotten results and they were not favorable, by all means please contact me and let me know how we might be able to be of help to you. Definitely make sure you get on that webinar, that live master class, I think it would be really helpful if you are a repeat bar taker for sure. With that, let's go ahead and jump in to today's podcast episode, "Trust is the Key."

Hi and welcome to Celebration Bar Review. We're doing a series of videos on the topic of exam peace, two words that don't seem to work together very often for people. We're right now currently, as I'm recording, we're in the season of exam results coming out from the prior exam. This is always an interesting time. There are some moments of great joy and certainly jubilation about passing this big, high-stakes test. For other people, it's really a sad time, and I have to say when I have the phone calls from people that are in tears because they failed, it is really one of the heartbreaking moments of this particular profession. It makes me think, however, about one of the areas of exam peace that I think is sometimes really lacking, and that's the whole area of trust. I think that to be really at peace with what you're doing, and with the results you get, you have got to trust in the way that you're studying. You need to trust in what your life plan is. You need to trust in yourself, as I've talked about in other places.

Now I know that there are those out there that would say, "Oh, that's all touchy-feely-squishy stuff. What you've got to know is no the law cold." Yeah, I guess I wish it was that easy. Most people are smart enough, if they've got into law school and got out of law school with a degree, they're smart enough to know the law cold. They're smart enough to do the studying and to do the work, and yet they don't always pass the bar exam. We've seen some results that are interesting in the last couple of weeks. States like New Jersey, that typically have high pass rates, overall state pass rates, had a very low state pass rate. I don't think that's because students suddenly got stupid or they didn't know the law cold. I think that it's simply a function of tougher standards and a competitive workforce, and bar examiners that are really just clamping down.

In light of all that, I think it makes it hard for everyone in this industry to gain trust. Now I recognize that when I come out and tell people that we can help

them pass, that clearly we're setting ourselves up for a lot of unhappiness if someone doesn't pass. I get that, I've done this for a long time, and I recognize that at the end of the day it's not what I do, it's what the student does on test day that ultimately matters. Still, I find that when students don't trust what I'm telling them in practice, when they don't trust what I'm telling them about their own abilities, when they don't trust the way that I'm advising them to study, you know, study less, study more, study over here, study over there, when there's a lack of trust, it is very difficult to help a student get to a successful outcome.

I heard from some students this week that had passed, and that was great stuff, and it was very exciting, obviously. Then I heard from a couple that failed, and they were in the distinct minority, but I remember thinking about one of these students in particular, that they just didn't trust my advice when we were going through the course. I kept telling them to back off, not work so hard, not be so frenetic and frantic about the process, but they didn't trust that advice, because in their own heart, I guess that this student felt like they weren't worthy, they weren't good enough and they had to prove that they were good enough to pass by working and working and working. I think the net result was that the student was fatigued, they were stressed out, they literally talked themselves into being freaked out during the exam. The result of that was an unsuccessful score.

If you're thinking about what to do on an upcoming exam, I would say that a good place to start a process is to think about what you're going to trust. I think you ought to take our bar review course, but if you took somebody else's course, then trust that course. That's the choice you made. Don't take their course and listen to me about what to do. That doesn't seem to make much sense. In the same regard, if you're in our course, I think you've chosen to take a particular approach, you need to trust that approach. It works. It's worked empirically very well, better than the state averages for years and years and years.

Don't trust the garbage you hear out there in the world. Don't trust what your classmates tell you. Classmates don't know anything about the bar exam. Don't trust what your employer tells you. They haven't taken the bar exam in years and years and years, if at all. Don't trust what some jerk on the internet posts on a chat board. I continue to be amazed that in an era in which anyone can post anything anywhere, that people take seriously some of the junk that's out there about us and about everyone else. It's amazing to me, people have vendettas, they have gripes, some of them are just plain wacko, and when that's out there, why would you trust that from an unknown source? If you're really trying to figure out where you should put your trust, I think it's a useful exercise to talk to the bar review company, talk to the provider, look at the samples of the materials, look at the comments, certainly, from everybody that's out there, but weigh all that in balance. Then when you make a decision about what you're going to do, trust that decision. I hate to see people move away from what

they've already decided to do just because they get persuaded by somebody else to take a different approach.

Once you're in your course and you're studying, trust the advice you're being given. I clearly don't agree with a lot of the advice that my colleagues give in this industry, and I explain in lots of places on these videos and elsewhere why I think it's wrong. Having said that, if you're in one of those courses, you paid them your money, do what they tell you to do. If it doesn't work, fine. Then come see me and we'll fix it. Don't try to do both at once. Don't take a course and not trust what they're telling you. If you're in our course, trust what we're telling you. Don't try and second guess it, or uber-analyze it, just trust it. It works. That's why we tell it to you. We have no vested interest in having you fail the exam, nor does anyone else. I think it's important that you get to that level of trust. It then relieves you of the responsibility of having to filter everything that you hear or everything that you read or everything that you see as you prepare for the exam.

I think you also have to trust yourself. Ultimately, this test is about what you do as an individual. It doesn't really matter if at some level what course you take or how you study, as long as you do the minimum competencies, you should be able to pass most bar exams in the country. You have to trust that you have that ability. Many of the people that I talk to have been so beaten down and so beat up, either by school or by work or the lousy economy, or the bar exam, or the bar examiners, that they literally don't trust themselves anymore. They don't trust the process, they don't trust their ability, and as a result, they start with a deficit. Sometimes that deficit is so large that it's nearly impossible to overcome without just kind of a clean reboot of their brain, and that's why we use things like the star package to help people kind of wipe some of that stuff out and start again.

At any level, you have to trust that you have the ability to be successful in this kind of an undertaking. If you don't think you're going to be successful, if you don't have that trust, then I don't know how in the world you could possibly intend to represent clients once you have passed the bar. "I'm sorry, I can't really represent you, I'm really incompetent as a lawyer. It was a fluke I passed the bar." Where does that come from? You have to have that confidence in yourself, you have to have that trust in yourself, that you know how to do it. If you really don't trust that you have the ability, then you need to discover why you don't have that trust or why you don't have the ability. For some people, foreign-trained attorneys as an example, they don't trust they are going to pass because they don't have sufficient command of the English language. That's a pretty real thing. The first step is get better at English. You see, you've got to simply discover what the problem is, and then work to resolve the problem. When you have this underlying deficit of trust, everything that you do, everything you study, everything you read, everything you practice, comes with an already weighted-down negative expectation. It's so hard to teach someone

in that situation, it's hard to help them, and it's hard to know what to say to them after the exam results come out.

The thing that everyone wants in this industry is for our students to be successful. We want people to do well on these exams. In order to do that, you need to trust that we know what we're doing, that we know how to help you, we know how to get you there. If you don't have that level of trust, you need to make a change. You need to do it quickly, because there is no long-term success in a relationship that's not built on trust. That's a hard message to hear for some people today, but I hope that you'll take it to heart and think about it. Think about where your trust lies, and in a broader perspective, think about where you put your own trust in your ability, and then act accordingly. I hope that will give you some peace as you study for the upcoming exam. We'll be back in a week or so with another message in this series, thanks again for watching, and as always I appreciate your comments and input. Take care.

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 in which you can request an invitation, and we'll see you along the extra mile.

Speaker 2:

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