

Speaker 1: Welcome to the extra mile podcast for bar exam takers. There are no traffic jams along the extra mile when your studying for your bar exam. Now, your host Jackson Mumey. Owner of Celebration Bar Review.

Jackson Mumey: Well, hey everyone and welcome to episode 35 of the extra mile podcast. This is Jackson. So glad that you're with us today. I just came back as I'm recording this last night from a wonderful week's vacation at Disney World, which is definitely the happiest place on Earth to return to the Bar. I was thinking that's probably one of the least happy places on Earth for most people. I can appreciate the distinction and the difference. It's nice to go into a fantasy land where everyone's happy, smiling, everything works, and it's all good news all the time. Then we kind of come into the real world where the Bar exam is certainly a challenge and it doesn't always work all the time for everybody. Just really struck sometimes by the juxtaposition of the 2.

I was also kind of struck, I'll just share with you. I have to admit not having young children, but now having some young grandchildren, I'm just beginning to get back into Disney movies. Okay, I admit I missed the whole Finding Nemo thing, but you can't avoid it when you're at Disney World.

Apparently there's this blue fish named Dory that's voiced by Ellen DeGeneres. Everyone else in the world knows that you'll undoubtedly know that I'm the last guy to know. I was so impressed with the concept that Dory can't remember anything, and I thought, "There's a Bar student for you." I know, guy's on vacation and he's thinking about the Bar exam. Really?

It just struck me how often I say things to Bar students and they're like, "Yeah, yeah. I got it." Then we go around and I see the same thing and I say the same thing. They go, "Yeah, yeah, yeah. I got this." They're kind of like Dory. Maybe that's been you sometimes and maybe you're kind of feeling like Dory at some of these stages.

In any event, they do find Nemo. Most Bar takers do find their way home and get through the exam. Well, it's not always Tinker Bell and fireworks. There's a lot to celebrate when you do pass the Bar and certainly that's our goal and really delighted that you would come along for the ride with us in the extra mile podcast.

Today's episode I pulled from the archives because as I'm recording and as you're getting this, if you're listening to it pretty close to the date that we release. You're going to be about four months or 120 days until the next Bar exam, which would be in February of 2016. From my standpoint, that's a pretty good marker or starting point to really dig into your studies. Four months is a good, good time.

Now, if you're going to be taking the July 2016 exam or if you're listening to this on a different date, there's still a lot of useful information in today's discussion. I

do think that if you're really lining up for that February task, then you're listening to this just about our publication date. You're going to want to really pay close attention to what I talk about in terms of what you should be doing and what you shouldn't be doing at 120 days out. I think you might be surprised by some of that.

One of the things that I do think you should be doing, if you haven't done it yet, is to join me for our free master class on how to make the next Bar exam your last Bar exam. I want to invite you to do that. I'll be holding the next class on Thursday at 3 PM. Eastern. That's 2 PM Central and 12 noon Pacific time. You need to register. The seats are free, but it does require pre-registration. You could register by going to celebrationbarreview.com/webinar. That's celebrationbarreview.com/webinar, or you can register just by texting us at [nextbarexam](tel:33444). Just text the phrase [nextbarexam](tel:33444), all one word to 33444. That's 33444. Text the phrase [nextbarexam](tel:33444). Reserve your seat. Join us on Thursday. It's a 90 minute training that really gets into the four steps that I found a passing Bar taker has to go through that someone that doesn't pass typically ignores, doesn't know about, or avoids. It really does make the difference, so I hope you'll join me for that.

Also, if you are just coming to our podcast and didn't know we were here, we are passing some milestones here in terms of downloads. I think we're over 3,000 downloads now, which is pretty exciting for me. You could go back and check out all of our past episodes and the show notes by going to celebrationbarreview.com. Just click on the word podcast at the top of the page. You'll see all the prior episodes and the show notes. You could also subscribe to our twice weekly podcast on iTunes or from our website with the podcast there. Either way, love to have you with us. Glad that you're taking time out of your day.

If you are just about to get started in your studies or maybe you've just gotten under way looking towards the next Bar exam. This is an exciting time. It's going to be filled with a lot of opportunity. A lot of challenge. A few moments of tears probably, but also some good times. Some real accomplishment and when you get the results and they're passing results, it's just the best feeling in the whole world. We'll continue to share stories of passing Bar takers as we're getting results in out of the July exams, so look forward to that.

With that, let's jump into today's discussion about 120 days until the Bar exam.

Hello and welcome to celebration bar reviews webcast. We are in the midst of our countdown series and this week's message; we're about 120 days or four months until the exam. Wow! For some of you 120 days, four months will seem like a very long period of time. You'll be saying to yourself, "Well. You know, I've got a lot of time. I don't really need to start my studies for another few weeks or I can go pretty leisurely right now."

In general, that might be true. Although the less you do now, the more you'll have to do later and I'm going to talk about that a little bit more in this message. What I think most people that are taking the Bar probably view this 120 day point as the more formal starting point. The time when you start to get into gear.

If you're in our courses, generally you've got anywhere from about 200-300 hours worth of study to get through the multi-state or the state materials, do your review, and so on. When you figure that out in terms of being 18 weeks away from the test, obviously you're talking about something like 15 hours a week to study. That's a pretty reasonable amount of time if you're still in school, you've got a job, you've got family commitments, all of the above, or some of the above.

I think that most people, given the nature of sort of the anxiety ridden Bar student, would say, "Oh! It's only four months? That's not enough time?" In fact, it's plenty of time if it's used wisely.

What is a wise use of time four months out from the exam? Well, it might be easier to answer that question by saying what's not a wise use of time first? First of all, I don't think memorization is a wise use of time at all. Anything that you try to memorize today, it's very unlikely that you're going to remember it four months later. I think slow reading, detailed reading about lines is not very useful. I also think that a slow detailed, going through lectures is also not particularly useful for the same reason. You're just not going to retain the information.

I think that needless anxiety or worrying about how your scores are, whether your essays look like passing, whether you're getting predetermined amount of multi-state questions correct. At this stage, is pretty much needless anxiety. You're going to improve that's the point of having these months of study ahead of you.

I think that what is useful right now is beginning to get a sense of the scope of the exam. Beginning to learn the newer skills. If you're in our course, your probably learning some different writing schools that you might have had in law school or at work. Beginning to get a handle on how those skills work. Worry less about how much substantive law you know at this stage and worry more about the mechanics, the structure. Do I understand how to write an essay? Do I understand structure, how to complete a performance test? Do I understand how to take apart a multi-state question? Those are better, more useful skills because they're the skills you'll apply all the way through your studies regardless of what the substantive study itself turns out to be.

Right now, I think of it much like building a house. We're at the framing stage. We probably poured a foundation or about to pour a foundation for most

people. Right now we're framing. We're putting up the outside exterior walls and beginning to do some of the interior framing.

You know, sometimes people ask me these very detailed questions about things that they want to know about how to write, the subtleties, and so on. When we're this far away from the exam that's a little bit ... complete my analogy of the house. It's a little bit like talking about where the cabinets ought to be placed before you got the walls up in the exterior of the house. It's just not a fruitful discussion to have quite this early.

I would think that what you want to be focusing on right now, are mechanics. You ought to be getting a sense of how to do this. I also think if you're just starting out with your studies, this is probably a pretty good time to begin to build some habits about studying. In other words, I study at lunch, I study or I get up an hour earlier in the morning, or I study on the weekends. Whatever those times are, begin to set them aside and make them your study times. The more routine you can make it, I think the better you'll be.

There's one other thing that I think is very important to be doing right now. Although it will surprise you I suppose. That is that I think you need to be well rounded when you begin the study process. By well rounded I really mean both physically, spiritually, and mentally.

In terms of physical wellness, I am a firm believer that exercise, daily exercise is very important. I say that as a former fatty and somebody who has seen the impact and the benefits of working out. I really want you to get into a gym, get outside and walk or run, swim, or do something. Ski, whatever it is that gives you some physical exercise on a regular basis. It's important to do. It actually helps learning. We're going to be talking a lot more about that and bringing some new features into our course soon that will actually integrate some physical exercise with the learning. There's some incredible, great research going on these days and it clearly ties together the ability to learn, retain information, actually even reduce ADHD in cases, and simply improve concentration based on physical exercise. Aerobic and anaerobic exercise. That's important I think.

Spiritually, I think it's a great time to get in touch with why you're taking a bar exam. I had a conversation with a student yesterday who's had the materials for awhile and hasn't really gotten started yet. I talked about the problem with, "Why are you doing this? What is the benefit to you of passing the bar versus the possible risk or downside of not passing?" I think that you have to get a sense of why you're doing this. Why you're going to give up some things over the next four months. You want to spiritually get in touch with what your purpose is, what your goals are, if you have a relationship with the God of your understanding. This is a pretty good time to start submitting it.

I promise you over the next four months your going to spending more time in prayer than you thought. If you don't have a relationship with the God of your understanding, this is probably a pretty good time to start thinking about one. You know, the old line that there are no atheist fox holes. I would say that very few atheists [inaudible 00:12:28] the Bar exam. It's a good time to start thinking about spirituality. The power of meditation. The power of prayer. The power of just centering yourself is incredibly important. I'd spend some time on those right now as well.

Then as you begin to learn and work through the Bar review materials themselves, you'll pick up the greater skills in terms of the work and the study habits themselves. You actually have a lot to do and a long time to get it done. I will tell you that from where I sit, four months is forever. You will be plenty sick of me in four months. We have a lot of work together to get accomplished. I encourage you to get under way if you've been thinking about when you want to start, when you want to order your course, or get going. This is a good time to do it. Our courses are filling up rapidly and 120 days out. We have students studying much longer periods of time than that. I think successfully.

If you're thinking to yourself, "Oh no. It's too late." Well, no. It's certainly not too late. That's one of the beauties of the home study courses. That you can put in more hours beginning, starting, or based on when you start. To make your life easier, this is a great time to get going and you've got some things to get accomplished.

I hope that gives you some ideas about these you can do over the next few days and weeks. We'll be back to you again next week as we continue our countdown to the Bar exam. Have a great study week.

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

Speaker 1:

Thanks for listening to the extra mile podcast for Bar exam takers at www.celebrationbarreview.com.