

## Episode 287: FOMO for Bar Takers

[00:00:00] hey everybody. Welcome to episode 287 of the extra mile podcast for bar exam takers. This is your host, Jackson. Mumey, glad to have you with us. we are now just a little under 40 days until the February, 2020 bar exam. So I know many of you are in a heavy duty study mode and we appreciate you taking time out of that to join us each week for these updates and information about the test.

[00:00:46] In today's episode, we're going to talk about something that I think is prevalent among a bar takers at about this stage every year. I mean, that is a FOMO, fear of missing out. And there is serious FOMO that occurs for bar takers at about this stage before every bar exam. And so in today's episode, I'm going to talk about, I guess it's one, two, three, four, five things.

[00:01:10] But I think, people typically are afraid of missing out and why you shouldn't be afraid of them. And so I hope you'll stick around for that message. If this is your first time on the podcast and you'll want to welcome you, we're really glad to have you. We come to you every week about this same time.

[00:01:24] We've been doing this now for a well 287 episodes and about four and a half years. And we do provide these. Podcasts, Ian, a couple of different formats. If you'd like to watch the video, you can do that by going to [celebration bar review.com/two 87](http://celebrationbarreview.com/two87) that's the episode number. Or if you prefer to listen, you can subscribe to the audio version of the podcast on Apple podcasts or iHeartRadio or radio.com or Spotify.

[00:01:51] there's lots of different places. In fact, just about any place that podcasts are syndicated, make sure that you subscribe so you don't miss out on any episodes. I mean, we've got a full set of show notes for both the video and the audio. In addition, all of our prior episodes can be found on our website.

[00:02:08] Just go to the, the, the website there and look at, case studies, I think it is. And you will see, podcast episodes and you can go back and check them all out. Going back to episode number one, so lots of different ways to get that information. Now as we entered into 2020, we started something a little different.

[00:02:27] I wanted to spotlight a student, story. each week, of course, we've put together, in our case studies, video interviews with, I think now, well over 80. Different students in the last year or two talking about their journey. But not everyone does a video interview. And, frankly, we think there are a lot of stories you should hear a little bit more about, but they never quite make it to video.

[00:02:49] So each week I'm pointing out and picking a, a story from our, our recent archives and sharing it with you. And today I have a, student, email, from Jose L and Jose has got a really amazing, wonderful story, and I want to just read it to you and then talk about it a

little bit. Jose wrote to us after the bar exam results came out and he said, after taking your course, I passed the MBE in February.

[00:03:17]but I didn't pass the Florida part of the exam. I reviewed the course again, and this time I followed the advice in the video that you sent me after the exam. I'm now very happy to let you know that I got a passing score of 140 on the Florida part. And by the way, you need a one 36, so he passes it pretty cleanly.

[00:03:33]and he said, that's a nine point increase from my last attempt. But something I believe I've not shared with you before is that I'm married. I have a nine year old and a 12 year old, so quite a bit going on. I am a non-practicing licensed attorney from another jurisdiction. I work 50 hours a week as a federal law enforcement officer, so it's gotta to be pretty demanding.

[00:03:56] And during this time, I also continued as a den leader at my child's Cub Scouts pack, and I coached the children's basketball team on Sundays. Okay. So there's a lot going on in Jose's life. And then Jose goes on to say, for the first two times that I took the bar, I tried another course. This was my fourth attempt.

[00:04:14] I'm 48 years old. I desperately needed to pass the bar since I'm only 22 months away from retiring from the federal government, and in November, my application would have gone stale. So as you can see, if I did pass the bar under these circumstances, then there was no excuse for others who are younger and just finished law school, they should be able to use your course of pass.

[00:04:37] I appreciate that. He says, your course and messages helped me realize that 50% of preparing to pass the test is studying, but 50% is developing mental toughness and attitude. Thanks for all of your help. Well, congratulations, Jose. I think that, passing the bar when your back is against the wall, when you know that your application's about to run stale or your job prospects are changing, that really puts the added pressure on.

[00:05:03] And I think it's terrific that you were able to overcome all of those, hurdles and certainly to balance your family and your work and your study. You know, one of the hardest things I think for bar takers, particularly those who are non traditional, and they now have families and things are a little different than when they came out of law school.

[00:05:20]it is hard to manage all of the different competing interests and demands on your time. And I think as Jose discovered, being able to follow the syllabus, the structure that we provided, and then developing that mental toughness and that attitude that he could do it was absolutely critical to his success.

[00:05:38] If you've been struggling with how to manage your time, how to put together your study plan, how to keep everything, all the balls up in the air, you know, all the plates spinning. you're not alone. It's a pretty typical and common problem, but there are solutions to it and we're glad to discuss those.

[00:05:56] If you'd like to talk with me about your studies, and you're not a registered celebration bar review student, we've got a free opportunity for you to set up a 20 minute

conference call with me. You'll find the link in the show notes, just click set up the time, and then we'll do a video or an audio chat.

[00:06:12] We can talk about your studies and where you are and make some suggestions for you as you go along. And of course, if you're already in our course, we invite you to join the group coaching calls to join us on our Facebook group, our live Q and a, or in our coaching calls if you're in one of the coaching programs, and we'll be glad to give you that information as well.

[00:06:32] So again, congratulations, Jose, great story. delighted that you are able to now make that transition from the federal government into practicing law in Florida. And, I know you're going to do a great job as a member of the Florida bar. All right. Well before we jump into the day's message about FOMO and the bar exam, I want to let you know that our episode is brought to you by our free 90 minute training webinar.

[00:06:56] It's called do something different. Make the next bar exam your last bar exam. This is a look at the four steps that successful students like Jose go through in order to pass the bar. You'll hear from students in their own words. We've got video interviews and clips with them, and we'll show you step by step what you need to do.

[00:07:14] Now, the underlying message of this training webinar is that you've got to do something different. You can't just keep repeating the same old thing. And while the training webinars primarily directed at repeat bar takers, if you're a first time taker or you haven't taken the bar in a very long time, this is going to be useful information for you as well.

[00:07:32] It's completely free and it's on demand, so you can watch the webinar at the time and the date that's best for you. All you need to do is register, and you can do that in one of three ways. You can go to the show notes on the video or the audio page. There's a button or link there, just click on that and register or you can get more information and register by going to [celebration bar, review.com forward slash webinar](http://celebrationbar.review.com/forward/slash/webinar).

[00:07:57] Any of those three places, just click on the button, schedule the date and time that you want to watch the webinar and you're good to go. And by the way, during the webinar, if you have any questions, there'll be an opportunity for you to ask those questions. They'll get forwarded directly to me and I'll be glad to respond to you.

[00:08:13] So I hope you'll check it out. It's a useful, well, it's actually much more than useful. It's life changing for a lot of people and I really think you're going to find it helpful if you haven't been through it. So please join us for do something different. Make the next bar exam your last bar exam. All right?

[00:08:29] I don't want to keep you waiting any longer. You're probably wondering what you're missing out. So let's jump into FOMO on the bar exam. Well, we've reached that stage in the bar exam season when the fear of missing out FOMO becomes a very real phenomenon. I was looking for some artwork to use as a backdrop in today's video.

[00:08:50] And I typed in FOMO and I saw this very interesting man, a piece of work, a artwork that you see behind me, and it really made me stop. And I know for some of you,

Pac-Man is so far before your days. But Hackman was a great example. I thought of the fear of missing out. You remember the game was all about trying to have your Pac-Man eat all the little pills, and you just went around the screen and you just gobbled everything up no matter what it was or where it was.

[00:09:18] And then as I recall, there were some poison pills and there were some pills that made you larger and some that made you small. Thank you very much. Jefferson airplane. And the entire concept was just grab everything indiscriminately. And I thought, what a good analogy for what I think a lot of bar takers do when they start to feel FOMO about their bar studies.

[00:09:40] And so today what I wanted to do was to identify five broad areas in which I think bar takers have a fear of missing out and why you may not need to be quite so concerned about any of these. So let's go ahead and jump right into the very first one. And that is the fear of needing or missing out on having enough information.

[00:09:59] I put a question out to our, bar exam success network private Facebook group, and I asked, what is it that you have FOMO about? And I got some interesting responses back, but most of the responses, coalesced around a single idea. I feel like I'm missing information on, and then you can fill in the blank for my particular bar exam.

[00:10:19] And I think this was pretty common. I think that our takers typically tend to think that everyone else knows something about the exam, some subject on the exam, and that particular individual feels weak on it. And the solution for most people, when they start to feel that lack of information, Tug on them is that they feel like another outline, another lecture or another set of practice questions.

[00:10:44] Another set of essays will somehow remedy that problem. I understand that concern and I understand why you might feel that way. The problem is really twofold here. One is that most of the time your information about what it is that's going to be on the exam is imperfect at best and often just completely mistaken.

[00:11:04] One student told me that they were worried about property, being on the exam, and it's hardly ever tested. And no, that's not true. Property is on every exam. It's the multistate bar exam. And, if you're in a UBE state, it's also an essay. So it's out there a lot. But that student was under the impression that it didn't get tested very often, but they still felt like they didn't know enough about it.

[00:11:24] You know, it's that lack of good information about what's on the exam, but I think creates some of this fear. And so one of the things you should be doing is studying with a reputable bar review provider who can tell you what's been on the exam, most importantly, and may make some, predictions or at least some preview of what's coming up on the exam based on past trends.

[00:11:46] We do that for our students, and I think it's a very helpful tool. But I think it's also important to be realistic about what's on the test and what's not on the test. Now, if the eye, the subject that you're worried about is in fact commonly tested and you feel like you

don't have enough information, then I think you want to go back and ask yourself, why would that be?

[00:12:05] Is the course you're taking or the way that you're preparing. Have gaps in it. If it does, you need to fill those gaps for sure. But oftentimes, bar takers don't know what the gaps are. They don't even know what they're looking for. And so one of the things I think you have to do is to go back to what I said earlier, you've got to work with a reputable bar review provider, a company that's been in business for a long time that's got a good track record, and then knows how to prepare students for the exam that you're taking.

[00:12:29] If you're doing that, I think you can be very confident that you will have the information you need, for all of the subjects that are tested on that exam. And truthfully, in our situation, we've been teaching the a bar exam now for over 25 years. I've personally been in the industry for over 30 and there aren't a whole lot of gaps left at this point.

[00:12:50] We know pretty much what's going to be on each exam. And we make sure that that's covered in our material. So I don't think you have to be afraid that there's a big gap in a subject that you don't know about. But as to this second part about, needing another lecture or another outline, another iteration of, of questions, whatever it might be, I think that that's also damaging.

[00:13:10] You know, it's not that you need to know everything about property. Let's say it's that there are some parts of the subject that you want to drill down deeper on or you want to get more information on and you want to be more, comfortable with. And so the technique that we recommend is that of taking your notes through a mind map.

[00:13:27] And as you begin to work on your mind map, you continue to expand the detail of that mind map as you work through the lectures and the outlines and the question practice, and this helps identify where there might be gaps in your work. You can visually see that you've got more information in some places than others.

[00:13:43] And mind maps are a really efficient way of getting at that and saying, Oh, wow, I've got this whole section of my. material of my mind map that's relatively blank. That's where I need to go back and do some additional study. I don't think you need to study all of the subjects multiple times or all of the lectures multiple times, or all of the questions that might be in any bar review course including ours.

[00:14:04] There's way more material than you could possibly do. And so I think sometimes we get obsessed about that. The final point I'd make about this idea about needing more information is that no one topic or subtopic or sub sub sub topic is going to account for very much on the overall exam. That is if you are worried about property, again.

[00:14:26] And you then say, well, you know, it's really about easements that I'm worried, and then it's really about implied easements or easements by necessity or implication. Okay. At that point, you may have identified something that's worth one, maybe two questions on the MBE and statistically almost impossible, impossibly low numbers on an essay.

[00:14:47] In other words, there might be a property essay, but the odds that would be in easements and then in that section of easements is pretty, pretty low. And so you don't want to overstudy or overweigh your study in one area at the exclusion of other things. So I think this was one of those areas where you can kind of look like Pacman going to one direction when all the good stuff might be really behind you, and you want a more balanced approach to your studies overall.

[00:15:10] So if you're feeling that first area of FOMO that you need more information about something, take a breath, go back, look at your materials. Follow the syllabus or the study plan of your course. Most competent courses, a record will courses. We'll make sure that you cover everything that you need to know to be reasonably ready for the exam.

[00:15:30] And I think you need to trust that as you go forward. So that's our first area from. The second is related, but it's got a slightly different twist. A lot of students said to me that the thing that they were afraid of missing out on where any new decisions or new cases or new statutes that might've been passed, and I understand that concern, particularly for people coming just out of law school, but also for people that have been away from the bar for a while or away from school for a while, or maybe they're repeat bar takers and they just haven't been keeping up all that closely.

[00:16:01] It feels like you ought to be aware of what's new and what's cutting edge in the way of the law. But here's the irony. The bar examiners are absolutely, opposed and run as far away from new ideas as they can. Their goal is to look for several blocks. And several law makes for the best questions. So when there have been a new set of statutes that have been passed by the legislature or a new set of decisions handed down by the court in a particular state or the U S Supreme court, the examiners are very reluctant to test any of that.

[00:16:34] There are very few jurisdictions left anymore that test what we would think of as advance sheet decisions. And there are a couple of reasons for this. The first is a logistics reason. The exam that you'll be taking in February of each year was typically written before July of the previous year, and the exam that you take in July of each year was written previous, written before the previous February exam.

[00:16:57] Those are the backup tasks in case there's a breach of security. Examiners go through a fairly rigorous process of vetting their questions and it takes time to do that. And so as a result, the questions are written. Far far in advance of the actual exam date. Now, if you're looking at a February bar exam and you're in a jurisdiction like Florida, that implements its new statutory changes every year from the legislature in January 1st of that year.

[00:17:23] Those January 1st changes are absolutely not going to be tested in the February bar exam. They might be tested a year from that, exam maybe, and almost, but almost never. And if we go two years down, that's a slight possibility they'll be tested. But typically it takes about three to five years for those changes to show up in a bar exam.

[00:17:43] So you really don't need to worry about those kinds of last minute changes. I know there's a lot of attention, put on a Supreme court decisions and rightfully so, but

Supreme court decisions are, as we've seen, subject to interpretation and they're subject to understanding and implementation. And then oftentimes of decision from the Supreme court is really nothing other than a charge to send the case back to a lower court and rehear it with a new set of principles.

[00:18:11] Well, all of those things make for terrible bar exam test questions. And so the examiners just stay away from those subject areas. And so not only do we have the logistics problem, that I talked about, but the second problem that's related to these new decisions is that they're just too uncertain.

[00:18:28] It's not clear how a new court decision in any court might ultimately be interpreted or understood or implemented. That means that when you're writing a bar question, you could have multiple correct answers. That's a bad idea for multiple choice, obviously, but even in an essay setting, it creates so many variables that in terms of reading and answering and setting up a guiders or a drafters point sheet, it's going to be very difficult for them.

[00:18:54] And so what the examiners tend to do. Mr. keep an eye on those new decisions, certainly, but they tend to go back to the subtle rules of law. So when you're in topics like constitutional law or criminal law, you will see that most of what gets tested are the subtle principles, the things that are relatively unchanged.

[00:19:14] And the same would be true for absolutely every subject on every bar exam. It's almost never that the examiners go to the most recent decisions, but in fact, they go the opposite direction. I've even had some students who've asked me whether or not this idea of new decisions would impact performance tests.

[00:19:30] In other words, if you have in your library a case that was written and you're told it's from, 2018 and the case from 2002 is, are you supposed to use the 2018 case first. Not necessarily. There's really nothing magic about the date of cases and performance tests any more than there's anything magic about, what you know, in the way of new information for the exam itself in real life.

[00:19:54] Now, one final caveat to all of this. If you know that the law has changed, and by some. A coincidence, probably more than anything else. The question that you're looking at, implicates that change and you're in an essay, go ahead and talk about the new rule for sure. But if you're in multiple choice, don't outsmart yourself.

[00:20:13] Don't ask. Don't look to yourself and say, well, I know the law changed, and so none of these four answers are correct. And then you start overanalyzing and overthinking it. Just take the most obvious correct answer. And so I think this fear of missing out on new laws and new decisions is really one that just being informed about, is enough to help people put it away.

[00:20:34] It's not going to be on your test. You don't need to worry about it. In the extraordinarily rare circumstance where something would be so fundamental and so dramatic as a shift that we'd all have to know about it. For example, let's say Miranda got wiped off tomorrow. Don't think that's going to happen, but if it did, and if you can, again,

any good reputable bar review provider would let their students know that and tell them, here's the new rule and here's what to look for.

[00:20:58] And then the bar examiners would have a nervous breakdown because they'd have to write, write, and rewrite. So many questions. So there you go. That's our second area of Pacman. All right. The third thing that I think students have a fear of missing out is really crowdsourcing. It's what's the rest of the crowd?

[00:21:15] What are every, what's everyone else doing to prepare for the bar exam? How are they preparing? Well, this is really a function in large part, I think these days of social media. You know, I think that, in an age of influencers, where we literally have people who are paid to influence others about.

[00:21:33] What clothes to wear or where to shop or what grocery store to go to or where to take their vacations or how to dress their kids. we certainly have people that want to influence you about what to do with the bar exam. cough, cough, Kim Kardashians. But the reality is that there are a lot of people who just want to follow the crowd when it comes to their bar prep, and they've been so.

[00:21:53] Brainwashed by the big box bar review companies so that they believe that they have to do those companies. They have to take their courses, no matter what, even when they don't feel quite right to them. And so there's a fear of missing out if you're not doing what all your friends were doing in law school and taking the big box bar review.

[00:22:12] Now long ago, I recognize that I was not going to be able to stop, the, the, the, the tide if you were, about that happening in law school. And so we don't make much effort to go after and talk to three ELLs or four ELLs, on their first time to take the bar exam if one of them happens across our doorway.

[00:22:30] We're glad we're, we're thrilled. But frankly, it's celebration bar review. Our focuses on repeat bar takers because we know those are the people that generally started out with a big box bar review. They followed the crowd, and then suddenly they realized it didn't work. and they realized it in a painful way and now they were willing to do something different.

[00:22:49] But in the process of doing something different, we also know that it's very real to feel like, gee, I'm the only one out here doing this. Everyone else is still doing the big box bar review. Well, there are a couple of of things that I think you want to consider if this was one of the fears that you have.

[00:23:04] The first is I think it's important to look at your particular demographic. If you are a three L and you're in the top 10% of a top 10 law school, a celebration bar review is not your preferred a bar review source. Just art. we'd love to have you. It'd be great. It would boost everybody's pass rates.

[00:23:21] We know, but that's really not who we work with. On the other hand, if you're a repeat partaker, if you're a nontraditional student, if you've been away from the bar in the practice of law or just doing other things for more than three or four years, than you are in



our demographics. If you're a working parent, if you are someone who is a single parent, you're in our demographic.

[00:23:43] If you are, someone who is typically part of an underrepresented group in the bar, you're part of our demographic. And then I think you want to look at how that demographic does and what kind of approaches that demographic uses. And you begin to realize a very different picture emerges. In general, the large bar review companies, and you know their names don't deal with any of the groups I just identified.

[00:24:08] They don't have many nontraditional students. They don't have many repeat bar takers anymore. They don't have a lot of people that study at home rather than coming to a six week class. Now when you ask someone to sit in a classroom for six or seven weeks, you have narrowed your world pretty substantially.

[00:24:25] And if you're someone who could sit in a classroom uninterrupted for seven weeks on cram, then certainly you're in the demographic that the big box bar reviews would be in. And you might have some fear of missing out if you weren't doing that for the people that are in our demographic, there is no way to sit in a classroom and have that sort of non.

[00:24:42] Personalized course, make any sense. You can't do it. You've got work, you've got family, you've got job and commitments, around you, and you simply can't take advantage of doing that. So I think it's important to look at your own, target demographic, the people that look and sound and have similar circumstances to yours.

[00:24:59] And what do they do. Well for the better part of 25 years, celebration bar review has been the leading provider of, services to that particular demographic market. We've worked with thousands of people and successfully help them, and we tell their stories all the time, both in their own words, their videos and testimonials and comments on our website.

[00:25:19] So I encourage you to look at that, and I think that might ease some of that FOMO that you've got. But if you're more empirically, focused, let me just give you some empirical numbers that I think are important. Remember that the big box bar reviews the big three or four companies generally prepare about 95% of the first time takers, in the country.

[00:25:39] that's their demographic. That's who they work with. Now, according to the national conference of bar examiners, official statistics for the year 2018 which is on recording today, is the latest set of official statistics for the full year. The pass rate in 2018 for first time takers was 69% now, that's not a great number, but the big box bar reviews have to own that.

[00:26:04] They have 90% of the people that are studying. They have 69% of those people passing. Okay. It's not a horrible number, but it certainly doesn't mean that everyone that takes that course is going to pass. And so by implication, not taking the course doesn't mean you're absolutely going to fail. But the numbers get a little more staggering when you get into the repeat bar takers, because again, repeat bar takers tend to stay with the big box companies for several tries, or they simply drop out of the system and study on their own.

[00:26:33] And the statistics in 2018 for repeat bar takers was an overall pass rate of 26% so basically one out of four repeat bar takers passes the bar exam. Now, if you're worried about missing out, here's how you're going to miss out study for the bar as a repeat bar taker using one of the big box courses.

[00:26:51] Now your chances of passing are 25% that's not a good number at all. And that's what I think you should be afraid of missing out on. And so. What the crowd is doing, doesn't really matter. You're not part of the crowd, particularly fewer repeat bar taker. You've now been called from the herd and you're no longer part of that 69% first time taker group.

[00:27:12] So stop acting like it stopped behaving like it stopped trying to study like you're part of that group and instead work with companies like ours that really focus on repeat bar takers. And I can tell you that we do much better than 25%. So the reality is that this fear of missing out is really something that's driven more from the law school world.

[00:27:31] And I think the first time, take her three Oh world than it is for repeat bar takers. If you are repeat bar taker, take a deep breath, step back, look at people that look and sound like you, find their recommendations. And I think you'll find that almost entirely the recommendations would be to stay away from the big box bar reviews and to get more.

[00:27:50] Personalized, more specific assistance from companies like celebration bar review. All right. We've got two more FOMO areas to talk about here. Number four on our list is the fear of missing on what? Missing out on what other students experience. And what I mean by that is that, again, in an age of social media, lots of people like to post what their experience of studying for the bar is.

[00:28:15] Like some of them do it after the exam, some of it do it, do it while they're studying. Some of it just, some of them I think just make it up. but they, they provide, numbers with how they did on a practice test or, they provide, resources about what they're doing on their essays or performance tests.

[00:28:31] And again, we get into this sort of sense of trying to compare ourselves, don't we? well, I, I didn't do quite as well as that person. I'm not as smart as that person. How did that person get such a good essay or get a word count that was so high? And, and you can see the list just goes on and on and on.

[00:28:50] I think it's important to remember that every student, and this is particularly true for repeat bar taker, every student is on a unique journey. You're on your own specific path to passing the exam. Now, I've been doing this for a long time with many thousands of people, and I've never seen two journeys that were exactly identical from start to finish.

[00:29:10] People start at different times. They finish, at different points, before the exam. They put in different numbers of hours. They study at night or in the morning or at lunch or on the weekends. they've got families or they don't, they've got work commitments or they don't, they have been away from the bar for a year or decades.

[00:29:30] Everyone's different, and in that process, it's important to remember that your journey will be your own journey. You should not worry or rely or think too much about

what other people are doing. Sure. It's nice to have some accountability. We encourage accountability partners in our course, and we do group coaching calls just for that purpose.

[00:29:49] But in those calls, we also stress the importance of recognizing that where someone is today. It could be completely different than where someone else is, and neither of them are right or wrong. They're just what they are. I think for a lot of students, what happens is that the traditional approach to bar review, which is that everyone starts on a set date and they all do the same subjects for the same period of time.

[00:30:11] They take the same practice tests on the same date. That's sort of lock step approach through bar review tends to make you think you're all on an identical path. But you know, nothing in this world is identical at all. And so it's kind of silly to think that everyone's going to sit there and study and learn at the same rate, the same material, and get the same results.

[00:30:31] And yet that's the paradigm that I think a lot of people take into their studies later in the bar is that they should be on some starting date and path with everyone else. It can be quite as worried about what other students experience. And if other people are doing better on practice tests or they got to their practice tests before you get to yours.

[00:30:50] So what? You're on your own journey. And if you're in a course like ours, you should be talking to your coach or your mentor, about that journey and that process and that path to make sure that the pace is right. The structure is right, that you're getting enough emphasis on the things that matter. But look, if you're having trouble in a particular subject.

[00:31:08] Remember our first area of FOMO. Maybe you should be spending more time on the subject than someone else should, and that may change the trajectory of how you study and what you do. So I think it's important to just keep in mind that this idea of uniqueness extends even to into the way you study what you study.

[00:31:26] When you study and how you study and don't be too worried about what other people are doing. should you, you know, type because everyone else is typing. No, you should type cause it's a better way to do it, but you shouldn't be doing it because everyone else is doing it. I think you get the point.

[00:31:40] The other part of this, area of FOMO is that, there's this process of the imposter syndrome and we've talked about it in other places, but I think it really comes up, particularly when we start talking about, practice tests, score comparisons. You know, as I'm recording this, we're really coming into the, the phase of study when people are in their final approach to an exam and they start doing practice tests.

[00:32:03] And it's not unusual to see people posting their practice test scores. Now there's a couple of things to keep in mind. are they taking the same test that you're taking? Not always. did they do it under test conditions? Sometimes, yes, sometimes no. And what I mean by that is, did they study with the book close for a set period of time?

[00:32:20] were they in a quiet environment? Did they take the test over a single day or multiple days and so on and so forth? All of those things impact scores. Is the person reporting their score similar to you? Are they a repeat taker in your jurisdiction? Do they have a common background to you? If those things are not so, then I would, discount their score as being as important or as predictive for you, as it is for them.

[00:32:46] In other words. My point is that hearing that someone got 80 out of a hundred questions correct on an MBE practice test is actually pretty meaningless information to everyone else in the world. We don't know how they got that 80 we don't know what the 80 represents. We don't know what that particular test was.

[00:33:01] We don't know how they studied to get to that 80 we don't even know if that reporting is actually true. And so when people see those scores, they forget all of that and they just say, well, I didn't get 80 I only got 78. Something's wrong with me, and then we would all look at that and say, Oh, come on. It doesn't really matter, but we know better.

[00:33:21] We know that it starts to get to some people and the imposter syndrome starts to kick in, and you know what I mean? Here, it's the inner voice that says, you're not good enough. You're not smart enough. Look at this other person. They got 80 questions correct, and you only got 78 what's wrong with you? You didn't do enough.

[00:33:38] You didn't study enough. Maybe you're not smart enough. Maybe you didn't go to a good enough law school. Whatever the appointment might be and that imposter syndrome, that voice of judge must have drawn out everything else that you hear. No, I've talked to in other places and I've recorded videos about three voices of failure.

[00:33:55] They're the voice of fear, the voice of cynicism and the voice of judgment, but really they all come up in this moment when we're comparing ourselves to other people in their scores, in their studies, in their writing. In their results. We tell people stories after the bar exam, not to make you feel worse, but to encourage you to let you know that it's possible to be successful, particularly if you're a repeat bar taker.

[00:34:21] I think that that's the best way to use those stories, but I also know that there are some people that watch them. And say, Oh my God, that's just terribly depressing to me because I could never do what that person did. That's probably true. Remember, everyone's on their own unique path and their own unique journey, so don't even try to compare yourself that way.

[00:34:40] Just recognize that you are working towards the goal at your pace, in the way you're doing it. I've worked with people that have taken literally 30 years to pass the bar exam. I've also worked with lots of people in the past on their first attempt. Everyone is different. Everyone is on a different trajectory, on a different path.

[00:34:57] Taking a different journey, find your journey, find your coach or your mentor, and then work that journey and keep your eyes focused there. Don't worry about what other people are doing or what they tell you that they are experiencing. All right, well that takes us to our fifth and final area of missing out.

[00:35:14] And I'm, I'm sure that there's a lot more FOMO than these five, but, one of the areas that, that students tell me is, that they are afraid that they are missing quote. The one thing that, what's the one thing, the one's secret, the one, trick. The one, for lack of a better term gimmick that will help them pass the bar.

[00:35:32] Well, you know, that's really an interesting question, because over my 30 plus years, I have consistently looked for the next improvement, the next big thing and bar review. And I think we've, really, pioneered a lot of them. the development of home study was certainly one of those, the addition of photo reading as a reading.

[00:35:51] Study structure for the bar exam was definitely another of those. The incorporation of, audio meditation and Paraliminal recordings, I think also made a huge difference for our students. The creation of a writing system, that moved away from Iraq and was much more focused on what the bar examiners were really interested in doing was another innovation that we brought.

[00:36:13] into a bar review all of those innovations, however, a really pale beside a fundamental, decision that we made early on in our course about our basic methodology and our basic pedagogy around the course. And so if you've been looking for the one thing, if you have a fear of missing out on the one thing, I'm going to take care of that fear right now by giving you a very simple answer to what I think the one thing is that makes a difference.

[00:36:39] And in the bar exam itself, and here it is. Most bar preparation is built on the, in my view, misguided notion that the bar exam is a test of memory. That is that you should memorize as much law, as many rules, as many elements as you can, and then you should just simply spit those back on exam day. And therefore the more you memorize.

[00:37:02] Theoretically, the better your results will be. So you put more hours using this paradigm. In theory, you put more hours into memorization. You try to cram more law into your brain, more rules into your brain, more results into your brain, and then you hold it for just as long as you can. And then on exam day, it all comes spilling out, hopefully to your advantage.

[00:37:22] That is the paradigm that the big box bar reviews use, and they've used it since the 1970s and I was part of that world. I understand that world and I can tell you confidently that is the structure that you are being taught. Learn it in a short period of time, hold it in your brain because you can't hold it for very long and then just poured it out.

[00:37:42] However, it is not a successful approach, and it is not how the human brain learns. So the one thing that you might be missing out on is the idea of how to actually learn and how the human brain evolved to learn is through repetition, not through a memorization. We talk about this in so many different ways in our course, and in fact, even on our website, we've got a video called the one thing, and it really talks through just exactly this concept, but repetition is the way that we learn as children.

[00:38:13] We repeat things over and over and over again. If you've been around a young child, a toddler, watch what they do. It's all built on repetition. Why? Because the neural

pathways of the brain learn by increasing the repetition. It strengthens those new neural pathways. We learn through repetition, how to speak.

[00:38:33] We learn through repetition, how to behave. We learn through repetition. What's good and what's bad. Repetition is the form formation and the foundation of virtually every learning modality. in the world until you get to traditional school and it traditional school, we suddenly do away with repetition, and we begin to focus on memorization.

[00:38:55] Now, there's a lot of debate about why that's happened. Some people claim it's really the result of the industrial age and factory work. but really it was around even a bit before that. But if we really go back and think about our own. Life story and our own educational journey. Most of you, I think would recognize that memorization was the least satisfying form of your learning.

[00:39:17] The best part of your learning was when you were inquisitive. You found out something, you repeated it, you build on it, and then came back and added to it over time and you repeated and added to it over time. That process of adding and repeating is called space or stepped repetition, and it is the preferred educational modality.

[00:39:37] Now throughout the world. It is also the best way to study for the bar exam because what it does is it gives you a deep knowledge of law and principles and application of those law principles as compared to just blurting out random pieces of information. So if you've been worried about missing the one thing that you need to pass the bar, I can tell you that whether you are studying with a big box bar review in a classroom or you're in a home study course like ours, if you're using photo reading and Paraliminals, if you're incorporating mind maps into your study, if you're getting coaching and tutoring, all of those things are important.

[00:40:15] They all make a difference. There are all different paths to the result, but fundamentally. If at the end of all of that, what you're trying to do is to memorize, you're going to generally be unsuccessful, and if you're a repeat bar taker, you're going to be dramatically unsuccessful. That 25 26% pass rate is a result of repeat bar takers trying to continue to apply the memorization paradigm to a world in which repetition is really the outcome that's desire.

[00:40:44] So hopefully what I've done today is give you at least one thing. You don't have to be afraid of missing out, because now you do know the one thing based on all of the empirical data that we have about the bar exam, repetition is the key. And I know some of you who will be skeptics will say, well, if that's true, why do the, the big companies, I continued to teach memorization.

[00:41:03] And the answer, frankly, is that it's just much simpler to tell you to memorize everything than it is to go through all of the laborious steps of repeating information and building blocks and building it up. That is a much harder way to work. And again, if you own the pass rate, it doesn't really much matter what you do.

[00:41:20] You know that only a certain number of people will pass. You might as well take the path of least resistance. It's only for companies like ours and programs like ours that are

more individual and more individualized in our study where we can really put the effort into creating that roadmap, that pathway of stuff.

[00:41:39] Repetition. That's an interesting list. I hope for you of five big things that you might be afraid of missing out on a, to recap, it was the fear of missing out on more information. Now you don't need more information. It's not as necessary as you think. The second was the fear of missing out on new decisions and new law that won't be on your test either.

[00:41:59] Not something you need to be concerned about. I think the third was the fear of missing out on what the crowd is doing. I would tell you to not follow the crowd, but in fact to look at people like you who represent your demographic and your circumstance, and then find out what they're doing. The fourth of our FOMO was what other students experience, particularly when they report their own scores and their tests and practice.

[00:42:22] You should ignore all that, rarely is it going to be relatable or compatible with what you're doing. And then the final thing was that one thing that you might be afraid of missing out on, the one thing that makes a difference in passing the bar, and this is the one thing, being able to use a concept build on repetition rather than memorization.

[00:42:42] And I'm sure there are some other things that you have heard about or maybe are afraid about missing out on if that's so I'd love to hear from you. Feel free to drop me a line, or you can set up a free consultation. We'll be glad to talk with you about your bar studies and about your individual journey.

[00:42:56] But ultimately I hope you're less like our pack man guy here in the back and you're not so worried about just gobbling up all those little pellets of information and nuggets of, of law and more thoughtful about what you're doing. I think if you do that, that's where you're really going to find the success that comes in preparation and ultimately in taking the test and passing the bar exam and making the next bar exam your last bar exam.

[00:43:22] Well, that's our episode for today. I hope that you feel a little better about the things that you might've been afraid that you are missing out on and why that's not so important and why you can stay focused on the things that really matter in order to succeed on your test. Now. Again, I want to remind you that if you're taking the bar exam in 2020 or later, we want to invite you to our free 90 minute training.

[00:43:45] It's on demand, it's called do something different and make the next bar exam your last bar exam. You can sign up with the link on the show notes or by going to [celebrationbar.com](https://celebrationbar.com) forward slash webinar and we'll see you on that training session. Well, that's it for this week. We will see you again next week as we get closer and closer to the February, 2020 exam and I hope everybody has a great study week.

[00:44:10] We'll see you next week along the extra mile. Thanks for listening to the extra mile podcast for bar exam takers@wwwdotcelebrationbarreview.com.