

Speaker 1: 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.

Jackson Mumey: Hey everyone welcome to episode 51 of The Extra Mile podcast for bar exam takers. This is Jackson Mumey and I'm really excited to be with you today. We are recording this just a little bit before Christmas and I think the release date on this particular episode actually is for just before Christmas. Happy holidays to everybody. I'm going to be starting a series soon called The Truth About the Bar Exam, but I thought about it, I thought it's a little dark and deep for right before Christmas so I wanted to do a couple of other discussions before we get there but I promise I'm getting to that.

Today's discussion is something that has come up with a lot of my students recently. It's the question of how do you study for the bar and retain information. I think I hear that question probably as frequently as any. Part of the problem, I think, that bar students get into is that they lose sight of what their resources really are in terms of knowing material and understanding it because they've been pushed into the unreal expectation that they should memorize and retain a lot of information. In today's discussion I'm going to be talking about what I call the Million Dollar Brain Account. I think it's a clever little analogy if I do say so myself, about how we learn and what we draw on when we're working on essays and multiple choice questions in the bar. I hope you'll stick around for that discussion. I think it'll be provocative and interesting to you. I also want to let you know that in the show notes I'm going to link to a lot of the resources I mention in that discussion, some resources about PhotoReading, some popular books about this subject. Yeah, I think it's an interesting topic and something that will be helpful to you if you're studying for your bar exams coming up in the next few months.

Now, if you're taking the bar exam in 2016 I also want to invite you into our master class for a 90 minute session on how to make the next bar exam your last bar exam. This is an appropriate course for you to sit in on, it's free. It's appropriate for you whether you're a first time taker or repeat bar taker, and whether you're a foreign trained attorney or perhaps an attorney who hasn't taken the bar exam in many, many years and now needs to. In this class I'm going to be going through the 4 steps that passing bar takers follow for their success and it's based on my experience of about 25 years now of working with bar takers. We'll be using some mind maps and some examples, and really pretty actionable items of things that you can do. In fact we'll talk about your next best steps to get you there. Whether you're taking the February or the July test, this would be a great opportunity for you to find out about those steps and the things that you need to do.

The master class is totally free but you do need to reserve your seat and there's a couple ways to do that. You can reserve by going to our website at celebrationbarreview.com. When you get to our website you will see a box right there, a button to claim your free seat just go ahead and do that, and that will put you into the next available seminar. Over the holidays we're making those available every single day, multiple times a day so that you can participate at whatever time is most convenient for you. Then after the first of the year I'll resume doing the class on Thursdays live at 3pm Eastern. As you're listening today if you want to catch up with this tomorrow, just go to celebrationbarreview.com and you can register and claim your free seat, get your workbook and your mind map for free.

I also want to thank everybody who has subscribed and been participating in our twice a week podcasts. We're pretty excited that we've now reached that threshold or at least one of the thresholds more than 1,000 subscribers which is really pretty gratifying to me and pretty exciting. I've got some very special guests lined up for you after the first of the year. Some of partners that we work with, some names that I think are pretty big in their fields and that's exciting. I'm going to continue to be talking to our successful bar exam students and letting them share your stories and those have been some of the most popular episodes we've done. I'll be talking about more of the tips and techniques around studying for the bar. As I said, I'm going to start a series, I'm not quite sure how many episodes will go, but I'm going to do series about the truth in the bar exam that I think will rattle a bunch of cages. Definitely make me no friends in the bar exam and bar review field, but then I was doing this to be friends with the big box bar review guys. Look forward to that and I'll let you know when that's coming up.

I also wanted to let you know the summary of all the things going on is that I've got a couple of additional webinars that we're going to be producing right after the first of the year. One of them is going to be on creating abundance in all the things you do including your bar study. It's a fascinating course that we've developed in conjunction with learning strategies. Another will be a focused on PhotoReading and how to accelerate your reading again in conjunction with learning strategies. Stay tuned and wait for those notices, we're pretty excited about both of those seminars coming up. With all of that in mind, a few days at least before Christmas, I thought it was good to talk about the gift that we've been given. The gift of the million dollar brains. Let's dive right in.

Hey everybody welcome to Celebration Bar Review, in today's message I want to talk about your brain. When we think of the brain, most of us tend to think of this piece up here in the front that we think of as the pre-frontal cortex, but I'm going to be talking about your whole mind, your whole brain, and really focusing a little bit on the back of the head, the pre-conscious or sub-conscious mind. Now the relevance of this for the bar exam is that when I talk to bar students typically what they're saying to me is something like, "I'm really struggling with how to get all of this information into my head and retain it for the purposes of

the exam." They really focus on memorization unfortunately, we don't believe that that's the right approach because memorization essentially is limited to the capacity of our pre-frontal cortex.

Most of the current research says that most of us can hold 6 or 7 ideas consciously in our brain at one time. That's really not a lot and that's why mnemonic devices become so popular because they're a link of one of those 7 things that maybe links to 10 or 12 others where you create an attack outline for writing, same idea. Essentially you're still looking at a finite capacity and most people that have studied that way will tell you that it's frustrating, it's time consuming, and ultimately it's fruitless for a significant number of people. I was trying to figure out how to explain the difference between using that part of your mind and using your whole brain the way that we would teach and the way that we use, for example with our PhotoReading, which is a product developed by learning strategies out of Minneapolis, about almost 20 years ago now.

PhotoReading is a technique in which you literally flip the pages on the material that you're looking at very quickly. The material goes to your subconscious brain and then you activate that material through what we would describe as neuro linguistic programming and some techniques that help get at what's in your whole mind so that you've got access to the material but it's not in your conscious brain, not where you'd expect it to be. As I was trying to explain that to a student the other day I thought of this particular analogy and I wanted to share it with you because I think it's a good one. Assume for a minute that you are a struggling lawyer or law student and by struggling I mean you've been struggling to pay your bills. You're looking at the bank balance every day, it's really low, it's tight. You're worried about overdrafts and all of those kinds of problems. You're really struggling every day to figure out just how am I going to eek out enough to keep that balance above zero today. You're working at it and working it, and you're looking at your mint.com account, you're online and you're doing all the things that you can do to figure out how to keep yourself from not overspending what little you've got in that account. It just never seems to be enough.

Imagine your surprise when you get, I used to say a knock on the door but I guess more appropriately today would be you get a Skype message or an email, or text message from your banker. They contact you and they say, "Hey, Mr. and Ms. Customer, we're a little confused by something. We've been watching all of this activity that you've been engaged in and transferring funds around and doing things, and trying to keep your bank balance just above zero. We're a little confused about that because we see what your checking account balance is, we have a question for you. Why aren't using the million dollars?" "Excuse me? The million dollars? There must be a mistake." "No, no, there's no mistake at all. You have another account with a million dollars in it which you haven't touched. I mean, you rarely touch it all, in fact it's been years since you've even put anything into that account." "Wait, I don't have a million dollar account. Of

course I don't have a million dollar account." "Oh no, you do. We've got the records they're right here, you just haven't touched them."

What's this million dollar account? For our purposes the million dollar account is your subconscious, it's your pre-conscious brain. It's got a wealth, literally, of information and material. Your pre-conscious brain holds everything that you've learned. It's got everything you learned all the way through life including law school and the practice of law, and maybe even the prior times you took the bar exam if that's relevant for you. All of that is there. The problem is you're not accessing any of it. To go back to our example you think for a minute about this bankers contacting you saying, "Well that can't possibly be because I don't remember putting a million dollars into a bank account." The banker says, "Well, it wasn't all at one time and it wasn't a big event, it was just a little bit every single day that got dropped into this account. You continue in fact to be making deposits to the account and it's earning interest. In fact it's now worth more than a million dollars because of that." "How could that be? How do I get access to it?" That would be the logical question.

"If it's really mine, how do I get access to this million dollars?" The banker says, "Well it's really very simple, you just transfer the money into your regular account and use it." "Oh my gosh." How many of you wouldn't do that if that was a real scenario. I mean think all of us at that point would say, "Yeah, give me some of that, that would be great." The same thing is true with our brains, we can use what's in our pre-conscious and subconscious brain. If you're reader of the popular science kinds of literature out there, the most prolific and successful writers is a man by the name of Malcolm Gladwell. He wrote a book called Blink a few years ago in which he talked about this intuitive sense, this pre-conscious mind that we've got that allows us to retain information and then we use it typically almost subconsciously or unconsciously to form decisions, make judgments. To evaluate situations that we're faced with. The same is true here.

When you're taking the bar exam, if you can learn to activate your pre-conscious or subconscious mind, now instead of having the limited capacity up here you've got the entire massive capacity of your whole brain working on your behalf. Paul Scheele at Learning Strategies describes it this way he says, "The pre-frontal cortex, the conscious mind is like a little eye dropper, a little tea drop but our whole brain is like a huge fire hose." Now, when you think about that, that's an incredible benefit to have on the bar exam. If you can have access to all of that material, all of that information, the fire hose of information instead of little tiny tea drop, or tear dropper of our conscious brain, who wouldn't want to do that?

That's what we've experienced over the last few years is we've integrated PhotoReading as an option for our students but even if you're not using PhotoReading, if you're simply skimming and then activating the material through the lectures and the practice questions as we lay out in our program of

spaced repetition, you're getting the benefit at least a part of the benefit of that million dollar mental bank account. Here's the really cool thing, it's there whether you use it or not. It is there for every person who's watching and listening to this message. All you have to do is to begin to tap into it. Part of what we do in the bar review is to help you access your own accounts, we show you the password, to go back to our banker. If the banker says, "Well you've got the million dollars, all you have to do is access it." You say, "Well how do I do that, what's the password?" "Ah, well you do the need password. You do need to know how to access your account. The account number, password, the other information."

That is what we call and I mentioned it earlier as activation in neuro linguistic programming terms. It simply means to take the material that's already there and to be able to reach into it and grab it and use it when you need it. In our course we show you how to do that on a multiple choice question, on an essay, on performance test. It results in amazing improvements for people, once they get used to the idea that they've got a million dollars in the bank, I mean it changes the way they live, it changes the way they study. It can do that for you as well.

I hope I peaked your interest at least a little bit today and even if you're not taking our course, even if you don't want to do PhotoReading, even if you think all of this is crazy, and I assure you that none of that is true. It is all legit and it works, but even if you're skeptical about all of that, just think back for a minute to all of the things that you've known intuitively but didn't know consciously, couldn't think of right on the spot word for word memorized but you knew them. That's the reality of what your conscious brain and your unconscious brain can do. If you'll start to tap into the unconscious brain you'll find yourself with a wealth of information, ideas, abilities that you probably didn't know that you possessed before.

You don't have to be great at memorizing and mnemonics and forming attack outlines, and having all sorts of clever devices to help you cram more information into your brain and then spit it out on the bar exam. What you really need is the opportunity to get at what's already in your account using that to its maximum effectiveness. When you do that, I think what you're going to discover is that you've got a million dollar brain. Hey, thanks for joining me today. We'll be back to you again soon.

That wraps up today's episode, thanks so much for listening. If you'd like to be a 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.

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