

Jackson Mumey: Hey, everyone. Welcome to The Extra Mile Podcast for Bar Exam Takers. This is your host, Jackson Mumey. This is episode 52. At least on our schedule, I think this episode is going to release on Christmas Eve day, so merry Christmas if you're listening on the release date. We're glad to have you with us.

I thought it would be appropriate in light of Christmas to look at something that at least I remember as a child as being really difficult, and that was this idea of tomorrow and waiting for tomorrow. It seemed like when it came to Christmas, tomorrow just couldn't get here fast enough. It just dragged and dragged and dragged. Then, I think like many of us, as I got older I realized that it was going faster and faster and faster, and now as a grandparent I can tell you that it seems like Christmas goes by in the blink of an eye. It's over, and I'm like, "Whoa, I just found my holiday playlist on my iPad."

It's really an interesting phenomenon that we go through about time and timing. It's relevant to the bar exam because we're 65 days or so until the February bar exam as we're releasing this episode, and for some of you that's going to feel like the bar exam is right around the corner, it's just right on top of you. I certainly have gotten that sense from some of my students that I've talked to this week. For others of you, it seems like the bar exam is just way far away and you're really not in gear yet and you're not really terribly motivated by it and it's just too far away. In today's message, I'm going to talk a little bit about those tomorrows for the bar exam, and I hope you'll find that a useful way to think about the test as it's coming up.

I also want to just invite all of you who are listening, if you want to know more about the bar exam, we offer a free master class called How To Make The Next Bar Exam Your Last Bar Exam. During this holiday season, I'm going to be taking a couple weeks off from actually doing it live, but it's available to you every day just by going to our website. It's [celebrationbarreview.com](http://celebrationbarreview.com). There's a button that says Click and Reserve My Free Seat. You can choose the time that you want to watch the master class.

It's all of the same information and exchanges and offers, and I really invite you to do that. Just go [celebrationbarreview.com](http://celebrationbarreview.com), click on the link there, and schedule your own opportunity to watch this class. It's 90 minutes. It's been really well-received. It's the four steps that every passing bar taker really needs to know based on our experience, and I think you're going to find it really helpful. Encourage you and invite you to do that.

Appreciate you taking time out of your holiday season to spend it with us. Hope it's a great and wonderful Christmas season for you. We will be back next week. Again, trying to run this through the holidays is a little bit of a challenge, but glad that you're with us and glad that we can offer The Extra Mile Podcast to you. If you've not subscribed or you want to go back and check out earlier episodes, you can do that. Again, just go to our website, it's [celebrationbarreview.com](http://celebrationbarreview.com), and click on the Podcast link for those episodes. With no other introduction, let's jump into looking at our bar exam tomorrow.

Hello and welcome to Celebration Bar Review. We are continuing the countdown to the upcoming exams. We are now approximately 65 days away from the test, which is certainly a threshold for a lot of people. Almost everyone now has begun at least some part of their studying, or at the very least has started to get serious about selecting a bar review and getting down to the studying. 65 days. Plenty of time to get through, of course, if you're committed to doing it.

This week in my message to students I talked a little bit about what I call "tomorrows." I'm not going to regale you with my singing from Annie, you'll all be glad to know that, but there is something about thinking about tomorrow that really seems appropriate. Hey, wait, that was a Fleetwood Mac song, too. When you consider what's coming in a few days, in 65 days, it looks like a lot of tomorrows out there, and there are those who are really obsessing with that.

We've come out of the results process from the previous exam. California and New York released their results. Georgia just released theirs. I think all of the jurisdictions that we're involved with certainly have released results, and that's a time typically to look backwards, it's to look at your yesterdays, but then you have to change the focus if you're in that re-take mode and start looking at tomorrow. For people who are taking for the first time, maybe just leaving law school, or someone who hasn't taken a bar exam in many years and coming to a jurisdiction where they have to take the exam, looking at tomorrow can be a daunting task.

How do you deal with it right now? I think you deal with tomorrow, interestingly enough, by dealing with today first. Ask yourself what you're going to do today to get ready for the exam. I always worry a bit when a student tells me a very ambitious plan for their studies. If they're doing full-time study and they say to me, "Well, I'm going to just sit in the library or sit in my favorite study spot for the next 10 or 12 hours every single day," that's not a very good plan. Likewise, I worry when someone says, "Well, I'm a little overwhelmed right now. I'm going to get to it tomorrow."

What should you do? I think if you've got the luxury of studying full-time and you're just beginning your studies, the kind of study schedule I would suggest would be roughly this. I would do three hours of study in the morning, as uninterrupted as possible. Then I'd take a one-and-a-half hour lunch break, no less than an hour, generally speaking not more than one-and-a-half hours. Sound familiar? It should be what you will deal with on the bar exam. Then do a three-hour study session in the afternoon. Again, we've mirrored the bar exam in almost every jurisdiction by doing that.

Then take an extended dinner break. By extended I mean at least a couple of hours. Spend some family time, some work time, whatever it is, but get away from your bar studies. Then, if you still feel compelled to study and you still have the energy to do so, I would not spend more than two hours in the

evening, and in that two hours I would only review work you've done earlier in the day. In other words, I wouldn't start new material.

The reason for that whole structure is that I think that's the maximum that most people can sustain if they're studying full-time. In addition, I think it mirrors what you're going to see on the bar exam in which you have to take a three-hour test, get a lunch break, do a three-hour test, and then theoretically get ready for the next day's exam. I think that's an appropriate way to go about getting yourself ready and prepared and both physically and mentally set up for the test.

If you're not one of those people who can study full-time, what should you do? Because sometimes that just becomes so overwhelming you say, "Well, I can never do it," and therefore you keep procrastinating. I think the greatest way to defeat procrastination is to do a little something every day. In other words, if you normally get up at 7:00am, get up at 6:00am tomorrow morning and study for just that one hour. Add an hour there. Add an hour at lunch. Add an hour in your commute or to or back from work or taking the kids wherever they've got to go. Do something, do a small something.

Typically I'll hear from a student who has purchased a course and they're excited and enthusiastic, and then I don't get any writing or work from them and they'll say, "Well, I'm going to do it. It's going to happen. I'm going to do it." I'm all excited about that, I'm enthusiastic about it, but essentially what I say is, "What did you do today?" Because, you see, it's what you do today that really makes your tomorrows worthwhile. It's not enough to say that you're thinking about studying. The question is, did you do a little bit of reading? Did you do a little bit of listening to a lecture? Did you do some practice questions? You don't have to do it all, you don't have to do hours and hours, but you have to do something.

There is a momentum, at least in our course, that starts to develop as you begin to study. It becomes a little less overwhelming, a little less frightening, a little more manageable. The hardest step is literally the first steps you take. It's moving from zero inertia up to some level of activity. I think the way to deal with tomorrow is what to do today. Set a goal for yourself just for today.

I've talked with a student this week that was what I described as an uber planner. They've planned down everything, I mean even to the time they plan to arrive at the bar exam site and what they're going to do in the hours on the night before the exam. Well, that's great, but it's 65 frickin' days away. I mean, let's deal with today and the work you've got to do today, and we'll deal with tomorrow when that day comes. I think that it's a problem of forest and trees sometimes. It's too easy to get caught up in those things because they're really an escape from the dealing with today's assignments and today's work.

65 todays in front of you. Take each today and make it worthwhile. Do something valuable with your studies today. As I've said in the earlier messages, spend some time volunteering, spend some time with your family, spend some time in exercise, spend some time in spiritual time. You'll accomplish more than you can ever possibly imagine, but make sure that you do that today and not tomorrow. Have a great today, and I will be back to you, not tomorrow, but next week and we'll continue our countdown. Have a great study.

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. 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](http://www.celebrationbarreview.com).