

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 Celebration Bar Review and to episode 58 of the Extra Mile Podcast. This is Jackson and I'm so glad you're with us today to share a little bit of information and time as we talk about the upcoming car exam. Today is a pretty significant point in the preparation for a lot of people taking the February 2016 exam. If you're listening to this on or about the release date that's great. If you're listening later, still pretty useful I think to get an insight. As we're releasing today, we hit the 40 day point before the bar exams that are coming up. In today's message I'm going to be talking not just about the significance of 40 days and what all that means but more specifically and more pragmatically I think, I'm going to be addressing the question that hear a lot which is how do I learn or know this material if I'm not memorizing it? If you're in our course we're not telling you to memorize and that's hearsay certainly among the big box bar reviews. Interestingly enough our hearsay is more successful than their flat earth philosophy so there you go.

I'm going to try and show you today how you can work through and actually learn and know the law with 40 days to go in a way that's very different than spending your time making flash cards or memorizing the mnemonic devices or creating outlines, or checklists, or any of the other things that are out there for people to do and typically that they start trying to do at about 40 days. This is a pretty practical message, it's one that I encourage you to stick around and listen too. I also want to share with you some exciting information that we've got about some new things that are happening.

The first is that you may have heard us talk about our extra mile private Facebook group. This is a community of people that we've invited into share their journey to the bar exam. It's made up of current and prospective bar takers but also successful past bar exam takers. We started this private group about 6 months ago and in a 6 month period of time the group has grown to over 330, 340 members which is really pretty cool. There's a lot of interaction, a lot going on on that site. We decided that we should enhance that and provide more resources, and change the structure of it a little bit. We just recently announced that we are moving to a paid subscription for this private Facebook group but adding some terrific value. With a monthly paid subscription to this private group, you'll now be able to receive what we call our Bar You course which is our basic level course with lectures, and outlines, and some selective questions for the multi state exam and for the selected state exams of 7 states plus the UBE. Basically about half the country would be covered through at least the state part of the exams and bar you in 49 other states.

Now normally Bar You would cost you about \$100 a month for a state exam course and a multi state course. You'll be able to receive that as part of your Facebook private membership subscription which is going to cost only \$77 a month. Now in addition to the Bar You membership, members of our private

Facebook group we'll also be getting our writing workshop which normally is available for \$100 and this includes 4 of my lectures on essay writing, sample essay question a model answer, discussions about how you actually get in and write successful essays, so that's another resource. Then members of the group will also have exclusive invitations to 3 brand new webinars that we're going to be doing in the upcoming months. These are webinars that we do in conjunction with our partners at Learning Strategies and they'll be talking about how to do rapid reading, which is part of the photo reading. We'll be talking about really drawing in the law of attraction and using it in the bar exam. We'll be talking about how to really optimize your work and your life and really being positive in that sense.

These are really exciting webinars, they're well tested but normally they're going to be provided to the public at a fee and our Facebook members will get that at no additional charge. In addition to all of that I'll be providing our Facebook members with my predictions for the testable subjects in each bar exam. This is exclusive to our course and our Facebook group. We'll also be providing our video countdown series, again another exclusive to our students and to members of the group. We're really excited about it. In addition to all of that we'll continue to do questions and answers on the site. They will be continuing to have the opportunity to ask and communicate with successful bar takers which I think is very, very important. If you haven't checked it out ... Here's the cool part, you can go to our website and we'll put the link in the show notes, click on to register and you've got 5 days to check it out on your own before we charge your credit card. No risk trial for you to see all of the value and things that are there and we're really excited about it.

For those of you who are already members of our Facebook group you're going to continue to receive the benefits of the group and then you can add on Bar You if you wish by simply transferring over and paying that monthly membership. If you're already a member you won't have to pay, you just get to be in but you don't get the Bar You. Kind of interesting, we'll be saying more about that, we'll be posting on our blog about it and I'll be linking to all of those resources so I hope you'll check that out and join us in that private community. I also want to let you know before we jump into today's discussion specifically that on Thursday I will be doing a free live master class called How to Make the Next Bar Exam Your Last Bar Exam. This is a 90 minute discussion and course in which we look at the 4 steps that passing bar takers need to know.

At this point we've had well over 1,000 people go through that course. We've had tremendous feedback and results from the people that have been through it. I think you'll really enjoy it. We're going to be doing that class live at 3pm eastern on Thursday. That's 12 noon pacific time. To register, it's free, but you do need to claim your seat, just go to celebrationbarreview.com, there's a button on the front page there to claim your free seat. Go ahead and click on that, give us your email and we'll get you all set up. If you prefer to register using text messaging you can also do that by texting the phrase next bar exam

to 33444. Either way we'll get you registered and hope to see you on Thursday for this master class.

Let's jump in now and look at what happens with 40 days to the bar exam and figure out how it is that you can avoid having to try and memorize. Hi and welcome to Celebration Bar Review. As I record today we are exactly 40 days until the next bar exam and if you're watching this and it's not exactly 40 days until your bar exam, stay with me because I think there's still plenty of value in what I want to talk about today. Now, it's impossible for me to hit a 40 day point and not remark to you that if you've got any kind of biblical training or history, you know that 40 days is a really significant period of time. 40 days in the wilderness, 40 days of the rain for Noah, 40 years in the wilderness, but 40 days and 40 nights. Pretty common. My point is not religious here at all, I mean it's just a time frame that seems to be universal, that people recognize and they have a sense of something significant happening over the next 40 days. Certainly if you're about to take a bar exam, 40 days is just about the point at which this gets very real to you and you may be starting to really feel some anxiety, feel the pressure starting to really try and think about what do I have to know? Am I able to pass the bar exam at this stage or not?

Now, in different places, in different videos and throughout our course I've talked about some of these things but I wanted to pull a couple of things together for you specifically today. The biggest question that I get at 40 days typically is one that goes something like this. I've been working and studying and I don't remember the things I did before. It's been a long time since I hit some of those early subjects and I'm really worried about how much I should be memorizing, how much I should be trying to hold in my brain. If that's typical of what you've been thinking at this stage, let me at least give you some thoughts to deal with and specifically if you're in our course, I think I'm going to give you some very reassuring thoughts. If you're not in our course you may be able to figure out how to modify what I'm saying to make it work in your particular situation.

First, here's the reality in our course. When we designed the pedagogy of this course which was many, many years ago and it really ... the pedagogy really started back when this course was designed by 3 Harvard law professors in the 70's. They were pretty good teachers and they understood that memorizing and holding material was very difficult to do. Now ensuing the ... Oh my god 40 years since then we know a lot more about how people learn, how they retain information, what works and what doesn't work. Some things have been consistent for teachers for many, many years, decades really. One of them is this idea of repetition, what was called in its day stepped repetition, in which we would call today compressed iteration. Which is really a big way of saying the following.

Let's say that at the beginning of your studies whatever that starting point is for you, 4 months, 6 months, 4 weeks, 6 weeks, but whatever it was. You studied

multi state property. You went through that subject one time. Now in our course between the first touch is what I'm going to call that, every time you hit a subject it's a touch. Between that first touch at day 1, you're probably going to move about 4 weeks maybe it's 4 months, it doesn't really matter but there's a big gap between touch 1 and touch 2 on that same subject. In our course, touch 2 is when you do the second set of multi state questions in the subject. There's this big gap between touch 1 and touch 2, now here's where it gets interesting.

In our course between touch 2, the second set of questions, the next touch over touch 3 is going to be a practice, what we call an OPE that will cover all the subjects so it'll hit property in our example one more time. The difference and time between touch 2 and touch 3 is not 4 months or 4 weeks it's now down to typically about 2 weeks. We've gone, let's say several months between touch 1 and touch 2 now we're going 2 weeks between 2 and 3. After touch 3 we have touch 4 which is another OPE and that probably comes a week after the third touch. You notice what's happening, we're getting closer and closer. Then we go to a full length practice test, which has again got the subject in it so now we're down to probably less than a week for that next touch. Then we include the nut shells and that's just a day or 2 after that next touch. Then there's another practice test, and another practice test if you want to do them.

What happens is at the end you're touches come maybe even just a day apart or 2 days apart. You've gone from this very long stretch at the beginning down to a shorter, to shorter, to shorter, to shorter. What that does, it's called a compressed iteration. Each repeating comes at a smaller or tighter cycle than the one before. Now what's significant about that from a learning standpoint is that when you bring those iterations down in time you start to retain information and you start to see patterns and trends. If you're looking at something consistently over a period of time you're going to see more and more of what goes into it. That's why it's not necessary to memorize at the beginning of your studies because you're going to come back to those subjects multiple times as you go through.

Here's the key at 40 days. For most people at 40 days you have not gotten to your second iteration yet. That would definitely be true if you're in a big box bar review. You hit that subject once and you ran past it. The difference is the big box would tell you to memorize all of this stuff and hold it in your brain. Right now at this point you're realizing that's not going to happen which is a very frightening moment. If you've been thinking you can memorize or you can do this all with flash cards or some gimmicky way, this is the reality point for most people when they go, "I don't think that's going to work," and it doesn't generally. What most people in the big box do is they find their own way through this dilemma, in our course you don't need to do that we've already plotted the course. If you're in that dilemma I don't think I can memorize all of this.

Here's what you want to do, plot out over the 40 days remaining how many more times you either want to or will be able to touch each subject that's important to you. Create a continuing narrowness between the touches so that everything you do is literally moving its way down a funnel and getting closer and closer together. Now that doesn't mean you're going to spend hours and hours, and hours at the end studying because it's not necessary to study everything. Let's go back to our property example for a moment. At the beginning when you studied that subject if you were in our course you had 7 hours, 8 hours of lecture, you had a couple hundred pages of reading, you had 100 practice multiple choice questions with answer explanations. That's a lot of material. Then when you came to the second iteration you had about 75 or 80 questions with answer explanations but no reading or lectures. Then in the third iteration you come down to about 30 questions with answer explanations and then another 30. Then you've got the nut shells which have about 60 pages of material and so on.

You can see that what's happening is the material itself is becoming more narrow. If you're designing your own course at this stage make sure that what you're doing is not a complete redo of the subject but a narrowing of the subject. You see one of the dangers is that people think, "If I just finish in time, I'll just redo everything a second time." It's not necessary, you don't need to relearn everything. In fact you remember or you know more than you think you do. Probably of that entire body of material you only need to look at about a quarter of it a second time. Then the third time it's less than that, and the fourth time less than that and so on.

You see that there's a logic to the way that you work through this. I think that's really important to keep in mind as you're studying at the end. You can use your time very effectively, you can use it wisely. You can use it to be productive in your studies without overwhelming and over doing. Now as I say the great thing for students in our course is that we've already plotted all that out, we've figured it out. We've had a lot of practice with a lot of people over the years. We've seen some things work better than others and so we've modified the study guide to reflect that. If you're in our course I strongly suggest that you follow the study guide and the time assignments, in other words, how long it takes to do an assignment because it's going to get you to that finish point on time with the right amount of material.

For everyone, what I would say at this stage is don't get caught up in this idea that you can memorize and cram, that you can through it all into your brain and just through it back. This is not the same as what you did in law school, it's not the same as maybe what you did in the bar exam 20 or 30 years ago if you're in that situation. You can be smarter than that today and you can take more advantage of what we already know about how people learn, how they retain information and how they work. This is true whether you're talking about the multi state or state subjective, it's got no difference whatsoever.

I hope that's helpful to you. I would encourage you at 40 days to really take stock of where you are, think about your studies, think about what you want to do over the next 40 days. I will tell you this, even though it seems like the exam is right around the corner it is a very long time from this point until the exam itself. You will accomplish enormous things and if you don't believe that just go back 40 days and see where you were in your studies. Many of you may not have even been studying 40 days ago. There's a lot of time available to you and a lot that you can get done as long as you're working intelligently and productively. I think that that's really the key at 40 days until the exam. Best wishes and we'll be back again with another message as we get closer to the test.

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