

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: Hi everybody, welcome to the Extra Mile podcast for bar takers, this is Jackson. Welcome to episode 68 of our series. We're so glad to have you with us. Hope that your studies are going well and your day is going well. Wherever it is that you've managed to find us and put us into your day, we really appreciate that. As I'm recording this and if you're listening pretty close to the release date, we're now within a week until the bar exam. This is obviously a pretty stressful time, there's a lot going on for people that are getting ready for the bar exam in just a few days. Today's episode is going to be relatively short, I've got a lot on my plate too.

I did want to make sure that I shared a message with you and I went back into our vaults and I found a message that I really like. It's actually part of what I use today in our webinar and I'm going to talk about that in just a moment. We title this, "Are you in a Trance," because one week before the exam, a fair number of people start finding themselves in an odd place in terms of their studies and mentally they start raising up all the demons, all the things that scare them and kind of put themselves into a trance. In today's message, I'm going to talk about that in more detail, how you can deal with that and actually some things you can do to study more effectively with just a few days to go.

If you're a long way away from your bar exam, I think it's still worth a listen, simply to know the kinds of challenges that can face you down the road and some things that you might want to avoid. I mentioned that part of what I talk about in this message I also use in our current webinar and I want to tell you about that master class because it will be coming up this Thursday live at 3pm Eastern, 12 noon Pacific Time. The title of the master class is how to make the next bar exam your last bar exam. It's a 90 minute free training. We've literally put over 1500 people through this course with great results and great feedback, and I invite you to join us. It's absolutely free but you do need to register in advance. You can do that by going to our website at celebrationbarreview.com and you'll see a button on the front page.

To claim your free seat, just click on that and register. Or if you prefer to just use text messaging, you can text the phrase "nextbarexam" to the number 33444. That's the phrase "nextbarexam" text that to 33444 and we'll get you registered and then we'll see you Thursday at 3pm for this master class, where we'll talk about the four steps that passing bar takers need to know in order to be successful. I know there's a lot going on, I want to just jump into this message and ask you the question, are you in a trance? Six days to the bar exam and I have question for you, are you in a trance? Kind of an odd question I suppose but, as I talk to students with just under a week to go to the test, I recognize that some of them really are in a trance.

You've seen that kind of look before, sort of the ball blind stare times a factor of ten. It's the sort of individual who's talked themselves into being literally in a trance about the exam and what's coming up. I think about this because I just had the opportunity to read a wonderful note from a man I admire a great deal, Paul Scheele at Learning Strategies and he is one of the founders and creators of PhotoReading which I think is a great resource. Paul writes about hypnosis. I have to confess what in my younger days, much younger I was a high school debater and we had a debate coach that thought that if we all learned self-hypnosis, we'd be better debaters. I think they actually were right, we did very well. We all went through self-hypnosis which was a fascinating experience of sort of talking yourself down and into this trance like states and then going into the rounds and competing.

I learned how to do it and I found it actually quite pleasant and helpful. Over the years as I've learned how to meditate and do some other things that are designed to kind of get your focus in a better place, it's really very much like self-hypnosis. I'm fascinated with the subject and with the feel, but what's really interesting to me is that when someone is in hypnosis and if you're not familiar with it, you've probably seen the magicians or the comedians on a cruise ship who hypnotize people and cause them to do strange things. Hypnosis is one of those things where someone can literally go into a trance like state at the snap of a finger or at the mention of a particular word. The way that you know that they're in a trance is that suddenly, they're unable to do a basic thing like they can't say their name or they can't lift their foot up off the ground.

Basic simple things suddenly become impossible because of the suggestion, sometime the post hypnotic suggestion. The way that that translates into the bar exam is that I see students who in this last week have literally talked themselves into a state of panic and fear such that they're trance-like. They can't remember basic things in terms of how to study or, they ask things like how is the exam score as though it suddenly changed in the last week from what it was a month ago or three months ago or six months or a year ago even. They're unable to do basic simple tasks like following directions, and I'm not mad at them, it's just literally a reality that people get freaked out. They become paralyzed sometimes with fear. There are things that scare each of us in life, I admit that one of my great fears are snakes and those who hate me I'm sure could mail me a snake and send me into absolute apoplexy.

I would become paralyzed with fear if there was a snake in this room right now. For me, that snake is very, very frightening and for many people, the bar exam is literally or metaphorically a snake. It scares them so badly that they go into a trance. I'm told that my great grandmother who grew up on an Indian reservation in Oklahoma as the daughter of a missionary, had a wonderful saying later in life, she was a hard span as you might imagine. She said, "Every fella has got to kill his own snake." What a great philosophy to have, you got to kill your own snakes. You see, it's impossible to kill your snakes if you're on a

trance. Some of you are at this stage literally paralyzed with your fear about the exam and you can't take the next step forward. How do you kill your snakes?

I think there are some basic things that you can do. Start by exercising this week. Continue to eat properly. This is not a week to suddenly stop smoking or stop drinking or start doing those things. If you've been meditating or praying, this is not a week to stop doing those things either. This is a week to continue some basic steps that you've been going through all along but to take good care of yourself. It's a great week to go get a massage, to let out some aggression by going to Chuck E. Cheese and [whacking 00:08:07] on the malls, whack, whack, whack. Do whatever you got to do to let go off some of that tension and some of that energy. Don't let that energy and tension out by getting into a fight with your significant other or with your children or God forbid with your boss.

This is not a week to pick fights with people. Don't pick a fight with the poor barista at your favorite coffee shop or with the librarian or with your bar review. This isn't that time. That time has come and gone. Now, what you should be doing is taking a calm purposeful approach to your studies. You see, if you're in a trance, it's hard to do that or what else can you do? I would say that some people right now are the mode of being trance-like in terms of I've got to work and work and work and work, and I work myself into a stupor if you will by studying ten, twelve, fifteen, eighteen hours a day. Now, that's really foolish. It just doesn't pay much in the way of jabber dance. I think you're much better off to study in the way that the exam is going to be given, that is three hours of morning study, a lunch break, three hours of afternoon study, an extended dinner break and some review in the evening.

If you're doing that, if you have the luxury of being able to study full time, that's more than enough in those situations. Truthfully, whatever you think you're going to cram over the next six days probably isn't going to be all that helpful to you anyway. You see, there are people who get into that trance-like state and they think if I just read another outline or listen to another lecture or do another multi-state test, or write another essay, it's going to be better. Think about it, zombie writing is not particularly good just like zombie movies I guess. It's not something you need to be doing and if that's what you're doing mindlessly, which is really the equivalent of what this trance-like state is, if you are mindless, you're not going to get much value out of the work itself.

Work purposefully, work in segments, work to accomplish something. If you're going to do an exam or take a practice test, make it better than the one you did before. If you're going to write an essay, do a better job than the one you wrote yesterday or the day before. Have a purpose when you sit down to study, what do I want to accomplish in this study session? How long will I study and what's my purpose in doing this study? I think if you've got that in mind, you're going to be in much better shape to make real good use of this next six days. I don't think you have to give up and say these are wasted days. They're not at all, they can

be incredibly productive. They're productive because you've got something specific in mind to accomplish rather than being just mindless waste of time.

I have students that contact me and say, "You know what, I don't know what happened to the last four hours, they just zipped by. I was asleep sitting up." They're in a trance, it's not a good place to be and you need to shake yourself out of it. If you're bright enough to be watching this video at this point it means you've still got some conscious level of brain activity going on, that's a good thing. Draw on that, build on that, grow with that. You can do great things in the next six days. As we come back in the next couple of days, I'll do a couple more messages before we get to the exam date itself. I'll try and give you some specific tips for each point in the process here as we finish up. The reason I do that is because I think there's a lot you can accomplish. You can't do anything if you're on a trance.

If you've been sleep walking for the last few days, snap out of it and I'll be back to you in a couple of days with your studies as they continue. I hope you found today's podcast valuable and if you did, I'd like to invite you to subscribe to the Extra Mile podcast. You can do that in one of two ways, you can go to iTunes and subscribe there or you can go to our website celebrationbarreview.com, click on the podcast link at the top of the page where you'll find our show notes and all the past episodes and you can subscribe from there. If you'd like even more of the Extra Mile that we offer in this podcast, I want to also invite you to join our private Facebook group called the Extra Mile. This is a community of current and past successful bar takers who've come together for advice, support, information and some terrific resources.

We've put together the Extra Mile as a monthly paid subscription offering and I want to just share with you some of what's involved and some of the benefits you're going to receive when you join the Extra Mile Facebook group. First and I think most significantly, you'll receive access to our popular economical bar you course as part of the membership. Bar You provides digital lectures and outlines and selected questions for seven state bar exams, California, New York, Florida, Texas, Georgia and New Jersey, in addition to all of the uniform bar exam jurisdictions and the multi-state bar exam. Membership in Bar You alone will normally cost you about \$100 a month but, it's free with your paid subscription to the Facebook group. I think you'll find this a great way to just have access to substantive current material, lectures and outlines for all of the subjects that are on the bar exam.

In addition to that, members of our Facebook group receive access to our online writing workshop course that contains four lectures on essay writing, plus sample question and model answers, that course sales 499.95 all by itself so definitely a value when you're part of the Facebook group. All of our Facebook group members will receive free seats for three brand new master classes we're doing this year. These are being offered to the public actually for sale for \$50 per class, but they're free to our Facebook group members. The topics of these

new master classes which are presented in conjunction with our partners at Learning Strategies will be on abundance for life and leading the law of attraction and rapid reading made easy. They're three topics that I've extensively taught as ways to enhance and improve your bar exam scores and your study and I think you're going to find them really valuable.

In addition to all of that, our Facebook members will get my proprietary exam predictions for each exam and you'll receive our exclusive video countdown leading up to the upcoming bar exam. On top of all of that, and maybe even most significantly, you'll get the support and the advice that comes from a community of people who really want to see you succeed on the bar. Our past bar students who've been successful have generously agreed to come on and offer their insights and advice, and I come into the site on a daily basis to offer additional resources and to do Q&A. Really encourage you to check this out. In the show notes, you'll find the link to sign up for this Facebook group. One other thing about it, there's a five day free trial so you can actually sign up and not have anything charged until you've been able to experience it for yourself.

When you take all of the benefits together, it's several hundred dollars worth of resources available for only \$77 a month. There's no requirement to continue the subscription, it's every thirty days until you cancel. Really invite you to join us there on the Extra Mile. That's it for today, thanks for being with us and we'll see you on the next episode.

Speaker 1:

Thanks for listening to the Extra Mile podcast for bar exam takers at www.celebrationbarreview.com.