**BAR EXAM REVENGE**

**A Free Bar Exam Course**

With tips and tricks to help you

PASS the bar exam FOR GOOD!

Written and Published by: Attorney, Teshia Martin

**© Copyrighted Course, 2024 and beyond. All Rights Reserved.**

**TM LAW LLC**

WILLS, TRUSTS & ESTATE PLANNING

TRADEMARK REGISTRATION

CONTRACTS & MARRIAGE PLANNING

BAR EXAM AND BUSINESS COACHING

**(740) 414-5155**

info@tmlawoffices.com | www.tmlawoffices.com

Columbus, Ohio



**THE “LEGAL STUFF”**

**Waiver of Liability Consent**

**Disclaimer:** In no way is this Free Bar Exam course guaranteed to help you pass the bar exam. YOU have to put in the work, and ultimately, passing the bar exam is something that YOU will have to achieve. By reading this, you accept the terms as governed here and below.

1. You agree that this free bar exam course will not guarantee that you will pass the bar exam.
2. You agree that the material offered in this course is to be used as a guide ONLY, and that this course is NOT written by a bar professional, but instead by an attorney who had an experience taking the bar exam twice who is offering her BEST advice on how to not only pass the bar exam, but to RAISE your score.
3. You agree to not hold attorney or law firm as listed above liable for ANYTHING having to do with your OWN experience in taking the bar exam, either before or after the taking of this free bar exam course.
4. You agree that YOU either WILL or WILL NOT put your own individual effort into ultimately passing the bar exam, and that this course, in no way, shape or form, as can possibly be identified, was legally or personally liable for that effort, or your ultimate failure or success.

**Intellectual Property Consent**

**Disclaimer:** The information as given in this free bar exam course, in its entirety, is © Copyright Protected to Attorney Teshia Martin, 2024 and beyond. All Rights Reserved.

1. You agree that this free bar exam course is a **© Copyrighted course** as mentioned and as held by the Intellectual Property holder above.
2. You agree that you CANNOT and WILL NOT share, email, text, screenshot, FaceTime, video or any of the same non-exhaustive means, offer any piece, portion, section, sentence, or as a whole, ANY information from this guide to anyone who is not yourself.
3. Each individual who downloads, reads, hears, sees, etc., this free bar exam course, has signed up for this course online on our website at tmlawoffices.com.
4. You agree that disclosing or sharing any information in this free bar exam course, other than to tell others they should download it too, is a violation of Federal Copyright laws and is punishable by penalty.

**AN INTRODUCTION**

**How I RAISED my Bar Exam score by 45 POINTS**

***Welcome to this free Bar Exam Revenge course!***

My name is **Teshia Martin**, and I have been an Ohio licensed attorney since my swearing-in ceremony in November of 2022. So yes, I am a “new” attorney. Therefore, the bar exam – THAT BEAST – is not far behind me. In fact, I will NEVER forget it.

|  |  |
| --- | --- |
|  | **A little bit about ME!**I am a happily married wife. I have FOUR kids and a giant-breed English Mastiff named Marley.I own my own law firm called TM Law LLC.**I FAILED THE BAR EXAM** my first time. I was devastated. I put in *SO MUCH TIME* and still failed.I was told by my bar exam professor that I would have to take the bar exam ***three or four more times*** before I could pass because my score was ***so low***.However, I was not accepting that. **I PASSED THE BAR EXAM** my second time and **RAISED MY SCORE BY 45 POINTS** when I was told that couldn’t be done!**I did this with FOUR KIDS – AT HOME – DURING COVID – WORKING FULL-TIME!** |

If I can pass the bar exam under these circumstances, then YOU CAN TOO!

Oh, and let me mention that I was also an AVERAGE law student. In fact, I was at the lower rank in my graduating class.

I am telling you, if you are willing to PUT IN THE WORK then I can HELP YOU pass the bar exam on the first time or on your next time!!!

Why is this course called “Bar Exam Revenge?” Simple. I envied everyone who passed the first time. I put in just as much work. I wanted my revenge against the bar exam.

**BAR EXAM REVENGE**

**Table of Contents**

**GETTING STARTED**…………………………………………………………………………5

Choosing your study course and times to study

**WHAT YOU MIGHT NEED**…………..………………………………………………………8

Preparation materials, planners, flash cards, study environment, etc.

**HOW TO STUDY**……………………………………………………………………………...10

What TO DO and what NOT TO DO, learned from experience

**COMING UP WITH A DAILY PLAN**………………………………………………..………11

How do you decide which subjects to study and when?

**MBE QUESTIONS**……………………………………………………………………………13

How to tackle the multiple-choice section of the bar exam

**MEE “THE ESSAYS”**……………………………………………………………………..…14

Diving-in to tackle the essay questions with ease

**THE DREADED MPT**…………………………………………………………………………15

Use my system that helped me dramatically increase my MPT scores

**THE LAST FEW WEEKS BEFORE THE BAR EXAM**……………………………………16

What to do when it’s crunch-time!

**A FEW DAYS BEFORE THE BAR EXAM**…………………………………………………17

How to ease your mind and slow down your anxiety

**THE DAY OF AND DURING THE BAR EXAM**……………………………………………18

How to control yourself during the exam

**THE BAR IS OVER…...NOW WHAT?**………………………………..……………………19

How to get through the dreaded “waiting game”

**WHAT TO DO IF YOU FAIL**…………………………………………………………………20

How to decide if you’re moving on or taking the exam again

**THANK YOU!**………………….………………………………………………………………21

Link to my Bar Exam Coaching service

**BAR EXAM REVENGE**

**GETTING STARTED**

Choosing your study course and times to study

If you’re reading this then that means you already have one HUGE accomplishment under your belt – CONGRATULATIONS – you have graduated LAW SCHOOL! This is no easy feat to do, so just know that if you can do this, then you can PASS the bar exam. You just have to commit.

Getting started studying for the bar exam is one of the hardest parts. You are going to have to ask yourself a series of questions:

1. When am I going to take the bar exam? Right away, or wait?
2. What study program am I going to use?
3. Am I going to use any supplemental study materials or courses?
4. When am I going to study?
5. Am I going to have a job or study full-time?
6. HOW am I going to study?

You have to figure all of this out in order to have success. I will share with you MY experience with how I answered these questions. Keep in mind **I took the bar exam TWICE** and was able to **RAISE MY SCORE BY 45 POINTS** to pass the second time, so I will share what I did BOTH times.

**When am I going to take the bar exam?**

Now when it comes to when to take the bar exam, I HIGHLY recommend taking it as soon as you graduate from law school. Your mind is the most fresh with all of the law at this time. The longer you wait to take the bar, the more likely you are to “forget” what the fruit of the poisonous tree doctrine is.

The bar exam is offered twice per year – July and February. I graduated law school in the fall of 2021, so I had to take the February 2022 bar exam my first time. The second time I took the very next bar exam in July of 2022. I found out that I failed the February 2022 bar exam the last week of April 2022, so I had top IMMEDIATELY start studying for the July 2022 bar exam again.

**What study program am I going to use?**

There are many bar prep program courses to choose from, but in my experience, there were two main ones that everyone chose, but for legal reasons, I will not mention those here. If you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm) I will be willing to share this information in person.

Once I chose my study program, I ordered all of the materials. THIS IS NOT CHEAP. I actually used a payment plan option that my chosen study program offered.

I committed to TRUSTING my chosen study program, and I followed along daily with what my study program told me to do as far as how, when, and what to study.

**Am I going to use any supplemental study materials or courses?**

Again, there are many options here.

The first time I took the bar exam, the only supplemental program that I used was flash cards that I purchased on Amazon. These were also NOT CHEAP. I used them every day.

The second time I took the bar exam, I used my same study program and SOLD my flash cards. I used TWO additional supplemental study materials the second time, again I will not mention those here. If you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm) I will be willing to share this information in person.

The other thing I did the second time was invent my own way to study, and specifically, I created and designed ***my own way to approach the MPT***, which I will mention in the following pages of this course!

**When am I going to study?**

This is a loaded question, but you need to decide when you are going to study according to your schedule.

I advise to *choose the time of day when you are the sharpest, mentally*. For me it was mornings. I would get up in the morning, have coffee and a high-protein breakfast, and I would hit the books. Actually, *I barely hit the books at all the second time*, but I will talk about that more in later pages!

Afternoons were a bit more challenging for me because I start to feel tired, so during afternoon study-sessions, I would take a break and take a walk, do some yoga or light stretching, and get another caffeine boost and a high-protein snack.

The first time-around, I studied literally the ENTIRE day. The second time, I studied more like a 9-5!

**Am I going to have a job or study full-time?**

Listen, some of us just have to work. I am a mom and a wife and had four kids to feed while I was studying for the bar, so I had to work full-time. If you are blessed enough to not have to work while you study – YOU ARE LUCKY – but for those of you still working, I can help you manage this!

For me, I AM lucky enough to work from home, even now owning my own law firm I mostly work from home. So, no travel to and from work was helpful.

If you DO have to still work while studying for the bar exam, I advise to manage it the best you can. I would work a day, then study a day, work a day, then study a day.

I will admit that the second time I took the bar exam, I did take off the 3 weeks before the bar exam so I could work on exclusively studying Monday – Friday, 9am to 5pm, and Saturday mornings 9 to noon.

**HOW am I going to study?**

I am going to jump into this subject a lot more in the section titled *HOW TO STUDY,* but for now, start to get some ideas in mind for how you study BEST. What this means is, what worked for you in law school? Did you take a lot of notes? Did you write flash cards? Are you a visual or audio learner?

For me, I had to COMPLETELY CHANGE THE WAY I STUDY for the bar exam the SECOND time. Because everything I did to study the first time was a complete failure and did not work for me AT ALL!

**BAR EXAM REVENGE**

**WHAT YOU MIGHT NEED**

Preparation materials, planners, flash cards, study environment, etc.

When it comes to preparation materials, I find that most bar-goers have no clue what they need. This included me the first time-around! When I was in law school, I would read the cases before class, show up and type notes during class, and then cram-study for the exams during finals week. Guess what? This does not work when trying to study for the bar exam. LET ME REPEAT THAT: **CRAM-STUDYING DOES NOT WORK WITH THE BAR EXAM.**

The first time I studied for the bar, I had NO preparation materials. It was just me, my study course books, and the online study program my study course offered.

The second time, I had a lot more preparation materials! Here are some of the things that I used and did to make the second time a success and **RAISE MY SCORE BY 45 POINTS AND PASS!**

**Tip #1 – ORDER A DAILY PLANNER**

This is basically just a daily planner/organizer that I got off of Amazon for around $10.00. It has a daily “To Do” list column, a “Must Get Done Today” column, and a little section for notes, daily water intake, and any appointments you have.

I actually use the SAME planner every day at work and I now have my paralegal using it, too! But for the bar exam, this was CRUCIAL because each day, I filled this with exactly what I was studying and for how long. I had a game-plan for every single day while studying for the bar exam, and the planner really helped me keep organized!

**Tip #2 – DO NOT ORDER FLASH CARDS – *HUGE TIP!!!!***

BEAUTIFUL BAR GOERS: I know how tempting it is to order commercial study flash cards, but for the love of GOD – **DON’T DO IT!!!!!!!!!!!!!!!!**

**How do I know?** Because I DID DO IT the first time and it WASTED MY TIME!!! I would read these cards every single day and guess what? This is all just PASSIVE studying – meaning, you are not putting your memory to work – just READING is NOT MEMORIZING!

I sold my flash cards when I studied for the bar the second time, and I MADE MY OWN! I used a commercial study course which I will be willing to reveal if you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm)**,** but I basically watched videos and would pause the video each time I felt the need to make a new flash card. I would fill the front and back of the flash card.

This was INCREDIBLY different from just reading commercial flash cards! First, I was physically writing it! It is a proven fact that using your own hand and mind to WRITE something down can increase your memory of that information by 85%.

I separated my flash cards out into the different bar exam topics and I would drill a topic or two every single day. Every time I wrote an essay, I would add to my flash cards. Every time I got a multiple-choice question wrong, I would add to my flash cards.

It seems like a LOT of work, but it’s the QUALITY of the work that makes the difference! By the end of my studying the second-time, I had around 300 flash cards and I had gotten so good at memorizing them that I knew how one felt in my hand before I even read it!

Remember to have plenty of pens – I went through about three entire pens while studying for the bar exam the second time!

**Tip #3 – YOUR STUDY ENVIRONMENT MATTERS**

It is of the upmost importance that you choose somewhere to study that is peaceful, quiet, not distracting, etc. You get the picture. If you don’t, let me elaborate.

The first time I studied for the bar exam, I chose to work in my home office. I mean, it’s an office, it made sense to me. I work a little, study a little, work a little, study a little. However, when I failed the bar exam and had to take it again, I was forced to re-think literally everything.

The second time I studied for the bar, it was July so it was summer, aka THE KIDS WERE ALL HOME FROM SCHOOL. My downstairs office was not going to work. It is right in the hallway of our home and I can hear everything.

I wondered what the heck I was going to do? I decided to set up a card table in a corner of our master bedroom. Fortunately, I have a big enough corner where I could do that. I set up my laptop, all of my study materials, and that’s where I studied.

It was quiet up there, I could shut the doors, and the kids knew not to bother me unless it was urgent. I could look out the window every now and then to relax, and the bathroom was right around the corner!

Changing my study environment the second time really helped! Then, when I was working, I had a different space so I felt refreshed!

**BAR EXAM REVENGE**

**HOW TO STUDY**

What TO DO and what NOT TO DO, learned from experience

I am going to try not to make this section super-lengthy because you’ve got some studying to do! BUT – this is very important, so let’s dive right into what I did WRONG the first time, and **how I changed that the second time and passed the bar exam!**

Please see the table below as a side-by-side comparison so you can see the difference:

|  |  |
| --- | --- |
| **First-Time Studying**I only *read* all of my course study program materials over and over again.I did not take notes when there was something I could not remember or understand. I only wrote out a few essay prompts. Most of them I just made an outline of what I would write. I did not have any of them graded.I completed my course study program MBE questions only, but did not write them down or do any extra studying.I read all of the book outlines over and over again, hoping to commit them to memory. I took some notes in the book.I spent 12 hours a day studying.I did not take care of my physical and mental health while studying.I completely over-estimated myself and the bar exam the first time, thinking I would pass because I have never failed anything, ever. | **Second-Time Studying**I didn’t read anything. Instead, I watched videos and *made my own flash cards*.I made over 300 flash cards for all of the “main” laws and it was much easier for me to remember and understand. I *timed myself* and wrote over 50 essays, and had as much of them as I could graded by professionals. I was extremely prepared and the work was so worth it!I completed my course study program MBEs and used another course and made flash cards for many of them.I didn’t read a single outline. Not one. I watched some videos, made flash cards, practiced MBEs and essays.I spent 8 hours a day studying.I ate well, slept well, took vitamins, mental breaks and lots of walks while studying.I realized I am not that awesome, and that my memory would not serve me. I changed from passive to active studying. I raised my score 45 points and PASSED! |

**BAR EXAM REVENGE**

**COMING UP WITH A DAILY PLAN**

How do you decide which subjects to study and when?

This one is a tough one, because you know you and what subjects are better for you and which are not, so let me tell you what I did.

I followed what my commercial study course told me to do at first, and I did this BOTH times I studied for the bar exam. So, if they started me out on Con Law (which I think they did) then I studied Con Law first.

**THE FIRST TIME:**

Once I got through all of the subjects in my commercial study course, I just kept going, blankly and passively reading things over and over, taking very minimal notes and not going back and reading them, doing this for 12 hours a day and hoping it stuck.

**THE SECOND TIME:**

I didn’t read outlines AT ALL and I did not watch the commercial study course videos either. This saved up a LOT of time for me to work on actively studying: taking notes, making note cards, practicing MBE questions and MBEs and also studying MPTs.

There is a supplemental study material I used which I will reveal if you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm)**,** but I basically watched the videos with this course instead, because they broke each bar subject down into the MAIN laws. These videos are only about 1 hours each, so I could pause each time and take notes and make notecards.

Remember – as long as you get the MAIN laws down for each subject FIRST, then you can dive in to sub-laws, exceptions, etc.

Once I got through all of the subject videos, I started creating MY OWN DAILY PLAN for what I wanted to study. I would study subjects I was the worst with more and ones I was better at less, so by the end of my second-go-around with the bar, I was a Con Law expert!

I can [**help create a custom study plan for you online here**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm) if you find you need additional help.

Otherwise, see the below table to look at what a weekly plan looked like for me while studying for the bar exam the second time.

|  |  |
| --- | --- |
| **MONDAY**9am-10:30am: Con Law flash card review10:30am-12pm: Two Con Law essays12pm-12:30pm: lunch break12:30pm-2:00pm: MBE practice2:00pm-3:00pm: Torts flash cards review3:00pm-3:30pm: Break, walk/yoga, snack3:30pm-5:00pm: Two Torts essays, timed | **TUESDAY**9am-10:30am: Contracts flash card review10:30am-12pm: Two Contracts essays12pm-12:30pm: lunch break12:30pm-2:00pm: MBE practice2:00pm-3:00pm: Con Law flash cards review3:00pm-3:30pm: Break, walk/yoga, snack3:30pm-5:00pm: MPT practice essay |

|  |  |
| --- | --- |
| **WEDNESDAY**9am-10:30am: Evidence flash card review10:30am-12pm: Two Evidence essays12pm-12:30pm: lunch break12:30pm-2:00pm: Evidence ONLY MBEs2:00pm-3:00pm: Crim Law flash cards review3:00pm-3:30pm: Break, walk/yoga, snack3:30pm-5:00pm: Two Crim Law essays, timed | **THURSDAY**9am-10:30am: Crim Pro flash card review10:30am-12pm: Two Crim Pro essays12pm-12:30pm: lunch break12:30pm-2:00pm: Torts ONLY MBEs2:00pm-3:00pm: Crim Law flash cards review3:00pm-3:30pm: Break, walk/yoga, snack3:30pm-5:00pm: Two Civ Pro essays, no review |

|  |  |
| --- | --- |
| **FRIDAY**9am-10:30am: Civ Pro flash card review10:30am-12pm: MBE Practice12pm-12:30pm: lunch break12:30pm-2:00pm: MBE practice, weakest subject2:00pm-3:00pm: Property flash cards review3:00pm-3:30pm: Break, walk/yoga, snack3:30pm-5:00pm: Two Property essays, timed | **SATURDAY**9am-10:30am: Property flash card review10:30am-12pm: MPT practice essayDONE! |

**BAR EXAM REVENGE**

**MBE QUESTIONS**

How to tackle the multiple-choice section of the bar exam

Everyone struggles with a certain part of the bar exam. Multiple-choice was my struggle. I am embarrassed to share my score on the MBE the first time I took the bar. If you book a consultation with me, I will share this with you. But here, let’s just say I performed VERY poorly.

I am one of those, “if there are two right answers, but one is MORE right,” people, then well, I was lucky to choose either one of those. I usually just flat-out chose wrong.

The second time, I really had to do some serious MBE studying, and spend a lot of time not only taking these questions, but taking them TIMED, and learning WHY I got them wrong.

I went beyond my commercial study course and did purchase a supplemental study material for the MBE which I will reveal if you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm)**,**

I cannot thank this supplemental course enough because without it, I would have probably failed again. Because, even the second time taking the bar where *I raised my score by 45 points*, I still “just passed” the MBE by only a few points, so that tells you a lot about me.

The best advice I can give you for the MBE is to practice them if you struggle here. I set out a study plan where I took these every day. At first, I was just trying to get the questions right, even if it took me looking up the answers. But, after a while, and closer to the actual bar exam-time, I had to start timing myself. The bar times you at less than 2 minutes per question, so you better be prepared to answer it quickly or you won’t get through!

***Oh, and ONE MORE tip during the ACTUAL BAR EXAM….***

If you do not get through all of the questions, then PICK ANYTHING – I CHOSE THE LETTER C – and just make sure you do not leave any blank!!!

The first time I left 12 BLANK because I didn’t finish. Can you imagine if I had guessed just a few right by filling in a circle when they gave me the two-minute warning? That’s a couple of extra points!

The second time I got them ALL finished, and even had 15 minutes left to spare ☺

**BAR EXAM REVENGE**

**MEE “THE ESSAYS”**

Diving-in to tackle the essay questions with ease

If you struggle with essays, please listen to what I have to say here. Yes, I said “listen,” not just read. I did not struggle with essays because I am a writer. I can “make stuff up” with the best of them and BS my way through essays. However, my first score did NOT reflect that and I was left scratching my head, like, “wtf?”

**GUYS, I STILL HAD TO PRACTICE ESSAYS, TIMED, AND HAVE THEM GRADED.**

Did you hear that? Read it again.

The first time I studied for the bar, I read all of the essays and thought I “just knew” the legal issue and could spot it and BS about it on the actual bar, so I never wrote any essays out, maybe one or two, and made a few outlines about how I would answer it. I read all of the sample essay answers. I thought I was just fine.

I was not fine. My first essay scores were REALLY bad, I even got a couple of ONES.

ONES?! From ME?! I have NEVER failed an essay, or even remotely come close! During law school, my essay scores were so good that they are how I passed exams.

So that really screwed with my head. I knew the second-time around I had to make some changes.

Therefore, note the pun? Seriously, though, I had to write essays, I had to study them, and I had to know the law. I could NOT BS my way through essays on the bar exam. I failed.

The second time studying I wrote essays EVERY. SINGLE. DAY. I wrote over 50 essays, maybe even 60 or 70. I started out just writing them at first, even if I had to look up the answers. But towards the end, I had to time myself writing these.

I had as many of them professionally graded as I could, and I was getting decent scores. I also learned how to implement my own system for making an outline WHILE READING THE ESSAY PROMPT that I was able to do efficiently and affectively that helped me tremendously when I took the bar the second time!

MY SCORES THE SECOND TIME AROUND WERE THREE “3s” and *THREE “6s!”*

**BAR EXAM REVENGE**

**THE DREADED MPT**

Use my system that helped me dramatically increase my MPT scores

Alright, time to be honest with the MPT. If you’ve read above, you will see that I am a writer, and I can BS my way through some essays (or so I thought), so the first time I studied for the bar exam I DID NOT STUDY ANY OF THESE, NOT ONE BIT.

I maybe read one or two of these and the sample answers, but THAT IS THE EXTENT.

**Guess what my scores were the first time? A ONE and a THREE. *Not good…***

So that was another HUGE wake-up call. I thought I had these in the bag, and because it was only 20% of my overall score, I thought these didn’t matter. **WRONG.**

The second time, I knew I had to study some of these and work on writing them out, TIMED. TIMED. TIMED. I had to time myself.

The second time I looked at the MPT as not, “this is only 20% of my score,” but instead, “there is an entire 20% of my score that I can easily raise to make up for my sucking at multiple-choice questions.”

And I did JUST that.

**Guess what my scores were the second time? A THREE and a SIX. *YES!***

So, what did I do differently?

I developed a system that I used to tackle these questions kind of like I did with the essays. I realized that I can create a sort of outline WHILE READING these and then just fill it in when it comes time to write.

Since these MPT prompts are so long and a lot of the info is irrelevant, I started to get good at spotting that, and I used a methodology of drafting up an outline where you fill some of it in BEFORE you have even READ the prompt.

This worked SO WELL FOR ME and I will teach it to you if you decide to [**book a consultation appointment with me online**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm)**,** It raised my score so much!

**BAR EXAM REVENGE**

**THE LAST FEW WEEKS**

**BEFORE THE BAR EXAM**

What to do when it’s crunch-time!

Ok, let’s get right into it. First, don’t panic. I will make this section super easy to read and outline EXACTLY what I did with a few weeks left to study:

1. **TAKE OFF WORK IF YOU CAN.**
	1. I was working full to part-time BOTH times I studied for the bar, but I was fortunate enough to take off three weeks before the bar exam the second time-around. I studied 9am-5pm and Saturday from 9am-noon.
	2. If you can’t take off of work, do the best you can.
2. **MAKE SURE YOU KNOW THE MAIN LAWS.**
	1. Go back through your note cards and outlines and make sure you can recite the main laws for each subject. If you know these, you can guess at secondary laws much better!
3. **TAKE MENTAL BREAKS!**
	1. Do NOT cram-study! It doesn’t work! Your brain is a MUSCLE and it needs breaks! Get enough sleep, take a walk, close your eyes and meditate and imagine yourself passing the bar exam!
4. **TREAT YOURSELF.**
	1. Seriously, get a massage, get your nails or hair done, watch funny movies and get happy. Your mental-game is so important leading up to the bar exam. You need time to “play” so the stress doesn’t eat you.
	2. Do NOT think you need to be studying CONSTANTLY! Remember, I studied much less the second time. If you are doing ACTIVE studying and not PASSIVE studying, then you are going to be FINE!
5. **STUDY YOUR WORSE SUBJECTS, MINIMALLY.**
	1. This might seem like I have it backwards, but a few weeks before is NOT the time to panic, it’s the time to feel confident. If you struggle with Contracts, then study it minimally so you don’t freak yourself out. You can afford to miss a few Contracts questions.
	2. Instead, study the subjects that you EXCEL AT. This will help boost your confidence and will probably GAIN you a few extra points!
6. **SPEND TIME WITH FAMILY.**
	1. I know, you’re like, “BUT I HAVE TO STUDY!” You will, but spending time with family and loved ones can further boost your confidence and also give you a much-needed mental break.
7. **DO NOT PANIC.**
	1. You don’t need to, because you already put in the work and you got this!

**A FEW DAYS**

**BEFORE THE BAR EXAM**

How to ease your mind and slow down your anxiety

It’s a few days before the bar exam, maybe even a week. Now is the time to get travel plans and other things in place that maybe you did not think about. I did things differently when I took the bar exam the second time and it made a HUGE difference for me. See below.

1. **DECIDE WHETHER YOU’RE STAYING OR TRAVELING**
	1. When I took the bar exam the first time, I was about an hour and 10 minutes away. I decided to book a room and stay. However:
		1. It was expensive
		2. I did not sleep well
		3. I had to eat fast food
		4. I was by myself so all I did was read note cards constantly
		5. I was exhausted the next morning
	2. The second time I took the bar exam, I decided to drive back and forth:
		1. I saved a lot of money on booking fees and food
		2. I got to sleep in my own bed and slept WAY better
		3. I ate a great dinner at home
		4. I was with my husband and family so it helped ease my anxiety
		5. I got up and felt fresh and energetic the next morning
2. **SLOW DOWN THE STUDYING – *VERY IMPORTANT!***
	1. When I took the bar exam the first time, I studied super hard until the minute I took the bar exam. I had NO physical or mental breaks.
	2. The second time, I stopped studying a few days before the bar exam except for a few hours a day with a lot of breaks.
	3. YOUR BRAIN NEEDS A BREAK!
	4. IF you have put in the mental work to do the ACTIVE studying, then TRUST that your brain will be able to recall on the bar exam. Use this time to mentally recharge and RELAX.
3. **PUT HEALTHY FOOD AND WATER INTO YOUR BODY**
	1. When I took the bar exam the first time, I was not eating healthy. I was grabbing quick fast food and sugary snacks the WHOLE time and drinking pop and was dehydrated. Your body needs GOOD fuel to work.
	2. The second time, I drank water daily and ate a low sugar/high protein diet because high protein gives you more energy for longer and helps your brain function at a much higher capacity.
	3. Think about it this way: If your CAR was taking the bar exam for you, would you fill it with unleaded gasoline, or the premium stuff?

**THE DAY OF AND**

**DURING THE BAR EXAM**

How to control yourself during the exam

It’s Time. The bar exam is here. Here are my best tips and tricks on how to deal.

1. **THE MORNING OF THE BAR EXAM**
	1. DO THESE THINGS:
		1. Get up EARLY so you are not rushed
		2. Get to the bar exam EARLY if you’re traveling just in case there is traffic or some kind of accident
		3. Get a breakfast that is high protein so you have energy for longer
		4. Wear comfortable clothes and wear LAYERS – It is usually cold in those exam rooms and you can always take clothes off
		5. Make sure you have your exam pass and instructions and all of the items you need to take with you
		6. Make sure that you have your laptop with you
		7. Leave your phone in your hotel room, at home or in your car
		8. Trust that you have put in the work and you WILL PASS
	2. DO NOT DO THESE THINGS:
		1. Get up LATE and feel rushed or you will set off your anxiety
		2. Get to the bar exam LATE and risk missing the instructions
		3. Skip breakfast or get one that is unhealthy and full of sugar
		4. Wear clothing that is not comfortable
		5. Forget your laptop!
		6. Take your phone inside with you!
		7. STUDY DURING THE MORNING OF THE EXAM!
2. **DURING THE BAR EXAM**
	1. DO THESE THINGS:
		1. Relax. Take some deep breaths. Remember, you worked HARD and you need to have confidence.
		2. Skip something if you do not know the answer. Come back to it at the end. It’s better to gain points on something you can rock, versus panic yourself on things you do not know.
		3. Drink plenty of water so you do not get dehydrated and dizzy
		4. Eat a healthy, high-protein lunch! Packed if you can!
	2. DO NOT DO THESE THINGS:
		1. Panic. Forget to breathe. Don’t cram stud at all during the exam, you will just panic yourself. Trust me, it’s not worth it.
		2. Forget to fill-in multiple choice questions! Put a star next to the ones you don’t know and come back to them at the end if you can.
		3. Dehydrate yourself or fill up on sugary drinks
		4. Eat a big, unhealthy lunch that could cause stomach issues.

**THE BAR IS OVER…**

**NOW WHAT?**

How to deal with the dreaded “waiting game”

The bar exam is now over. You just walked out the door and you get in your car and head home.

First, it’s ok to cry. I cried my entire way home both of the times I took the bar exam. I don’t care if you are male or female, it is EXHAUSTING, and releasing those emotions is much needed.

It is important to remember that EVERY SINGLE PERSON THINKS THEY FAILED no matter what. That exam is freaking HARD. I honestly thought I did worse the second time. My entire drive home the second time I just kept telling myself, “That exam is impossible. No one can pass that thing!”

But, **I DID PASS** the second time, and **I RAISED MY SCORE BY 45 POINTS** when I was told that could not be done without taking the bar exam three or four more times!

NOW, YOU JUST WAIT.

Take a few days to get over the emotions. Take at least a few days off of work. Decompress. Go for walks, take baths, spend time by yourself if you need to.

TREAT YOURSELF. SERIOUSLY.

Get a fancy dinner or a new tattoo. Go shopping. Have a party. Celebrate with family or go out with friends. You probably haven’t done any of these things for months, so go out and do them now. YOU DESERVE IT. Or, just rest! I was exhausted physically.

The best way to GET THROUGH THE WAIT to get your score over the next few months is just to get back to your own life! Get your mind off of it. Go back to work or take a vacation. Get back into the gym and feel good about yourself.

It’s hard to get your mind off of the exam, I know. But keep yourself busy and focused on other things so you don’t drive yourself crazy. I enjoyed my time after the bar exam but I did NOT like to talk about it, and I had to explain that to my friends and family. It was just too much for me. If you find yourself feeling that way too, politely change the subject and let people know you’d rather not talk about it. They will understand.

You may not sleep well a few days before scores are to be released, and that’s normal.

**WHAT TO DO IF YOU FAIL**

How to decide if you’re moving on or taking the exam again

Scores were just released and you look at the top of your downloaded PDF and in big bold letters, it says, “Status: FAIL”

This happened to me the first time and I dropped nearly to the floor. My husband was with me and my kids so I had to tell them. I recommend logging in ALONE to review your score because having to break that to family right away made me feel like I let all of them down.

Take some time to yourself if you fail. I needed to decompress and mentally deal with it for a little bit on my own. Cry. Scream. Throw things if you need to.

I immediately called my bar exam professor and asked her, “What do I do?” One of the things I love and appreciate most about her is her honesty. She told me that with my score as low as it was, I would probably have to take the bar exam again three or four times. Talk about being even more devastated…I just found out I failed, now I have to take this thing that many more times?!

I took a few days to think it through. With taking the bar exam the first time in February and not getting my results until the end of April, I had to decide QUICKLY if I wanted to take the July bar, because I had to pretty much start studying again right away.

Ultimately, I knew that I didn’t study the best I could. I knew I was doing passive studying and not active studying. I had just spent four years putting myself through law school with $150,000+ owed in student loans, and I didn’t do that to have a doctorate degree, I wanted to be a lawyer! I knew I couldn’t live with my decision unless I gave it ONE MORE try, and I had to give it my ALL.

I decided to order all of my study materials again and start studying, and if you have already read everything above, you will know how I studied differently the second time and **raised by score by 45 points to PASS the bar exam**.

However, if you ultimately decide not to take the bar exam again, that’s okay, too. It is an extremely challenging process that takes three months of your life, and I get how hard it is to do that.

Just know that you STILL put yourself through law school, you STILL have a doctorate degree, and there are a LOT of things you can still do with that degree. In fact, I actually had a job interview after I failed the bar exam the first time and it was using my law degree but not practicing law, and the pay was great! However, I ultimately decided NOT to take the job because I knew I had to try the bar exam one more time.

**THANK YOU!**

Thank you so much for reading my free e-book! Thank you so much for trusting me enough to download this and read it.

If you’re still reading, and you’re interested in coaching with me, visit this link below and I would love to speak with you and meet you!

And most importantly…

**GOOD LUCK! YOU’VE GOT THIS!!**

**Bar Exam Revenge Coaching link:**

[**https://tmlawoffices.com/Items\_22/Bar-Exam-Coaching.htm**](https://tmlawoffices.com/Items_22/Bar-Exam-Coaching.htm)