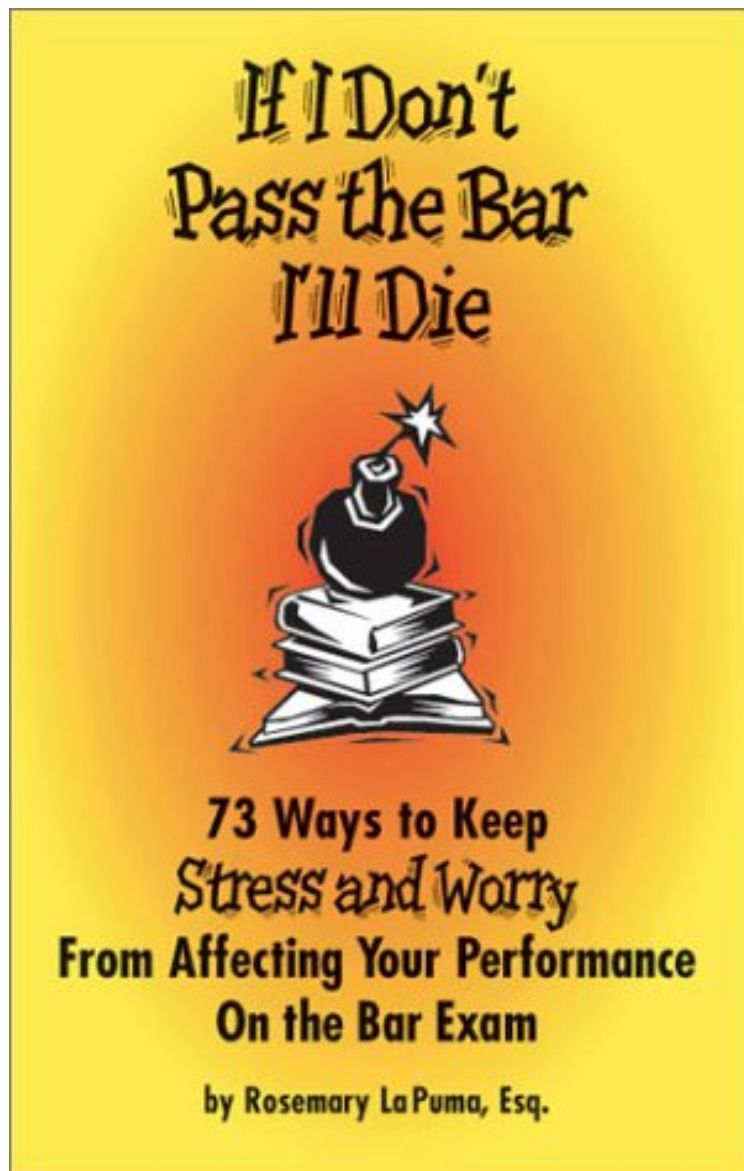


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If I Don't Pass the Bar I'll Die: 73 Ways to Keep Stress and Worry from Affecting Your Performance on the Bar Exam

Rosemary La Puma

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1 of 1 people found the following review helpful. Great Practical Advice to Manage Bar Stress and Review Your Practice Exams Effectively By DogMom916 Having read several "bar related" books, I really liked this as an easy read and I also liked the focus on what is probably one of my biggest challenges - the mental stress involved with taking the exam. I liked the author's straight forward ways to deal with stress and also practical tools to use when reviewing the essays, multiple choice and performance tests that you practice. I think the checklists she provides at the end of the book are extremely helpful - esp for the CA Bar - in reviewing your own essays. I know for myself, I have a hard time reviewing my own work in comparison to the sample answers and knowing exactly what I did wrong. The detailed questions in her checklists will help you to really see why you received the grade you did in comparison to the model answers and open your eyes on how to improve. Although most times I would get the general issues, I see that I did not elaborate with the sub-issues and became conclusory in my answers. I highly recommend this book to those of you taking the bar the first time or the "x"th time as a repeater. 14 of 14 people found the following review helpful. Read This Before the Bar!!! By Sarah Stevenson As a law student about to start my bar studies, I loved this book because it goes where many bar-related books don't - into the mental obstacles that tend to go hand-in-hand with the bar exam, in particular, doubting your own capabilities. The book is like having a mini psychologist, giving you the tools to deal with stress and that annoying instinct to freak out. It's a really easy read; full of pictures and drawings, and will probably only take you about 45 minutes on the elliptical trainer at the gym. Also, it's interspersed with great little stories about other people's stress (including the author's), which reminded me that every law student is dealing with the same fears that I am. The successful ones are those who manage these fears the best. But the book is more than about stress management. It also gives you practical study skills for improving your writing and multiple choice skills, and even contains a study schedule to help keep you on track. I realized that I needed to listen to my angst over the bar exam instead of avoiding it, hoping that it would go away. It's tough to see your fears on paper, in this book, but somehow the author knows all of them, and gets you to confront them. WELL worth the \$16 or so off of .

Taking the Bar Exam? *Have you ever finished reading a test question only to find that you have no idea what you just read? *Have you ever been so worried about finishing a test in time that you wrote gibberish? *Have you ever put off studying for exams until the last minute? *Have you ever been unable to answer a question and had it dog you for the rest of the test, interfering with your concentration? *Have you ever marked an unintended multiple-choice response or written an exam answer in the wrong booklet? If you answered YES to some or all of these questions, then stress and worry have affected your academic performance in the past and will likely affect your performance on the bar exam. This book can prevent that from happening. This book is the only book that addresses the psychological aspects of taking the Bar Exam. The book provides practical suggestions for dealing with stress and worry and their relatives: distractive thoughts; procrastination; and poor habits in planning, managing time studying and test taking.