



Lee Burgess: Welcome to the Bar Exam Toolbox podcast. Today, we are talking about what to do during your final weekend of bar prep. Your Bar Exam Toolbox hosts are Alison Monahan and Lee Burgess, that's me. We are here to demystify the bar exam experience so you can study effectively, stay sane, and hopefully pass and move on with your life.

We're the co-creators of the [Law School Toolbox](#), the [Bar Exam Toolbox](#), and the career related website [CareerDicta](#). Alison also runs [The Girl's Guide to Law School](#). If you enjoy the show, please leave a review on your favorite listening app and check out our sister podcast, the [Law School Toolbox podcast](#). If you have any questions, don't hesitate to reach out to us. You can reach us via the [contact form](#) on BarExamToolbox.com, and we'd love to hear from you. And with that, let's get started.

Alison Monahan: Welcome back. Today, we're running through some things you probably want to do during your final weekend of bar prep. Studying for the bar exam is like a marathon. You really need to taper off your training in the final days so that you can rest and restore energy. I mean, nobody who's training for a marathon is doing, say, a 20-mile run two days before, right?

Lee Burgess: No. Well, although I have not run a marathon. Have you run a marathon?

Alison Monahan: I've not. I did several triathlons.

Lee Burgess: Oh, okay. Yeah.

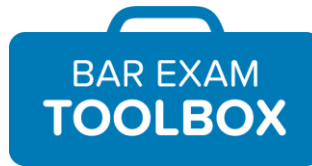
Alison Monahan: They weren't necessary to taper.

Lee Burgess: Different skillset. I've done a 13k or something like that.

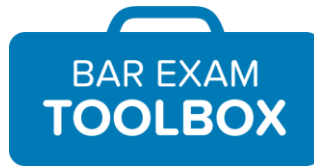
Alison Monahan: Yeah. And you probably didn't run 10 miles the day before.

Lee Burgess: I did not. No.

Alison Monahan: So, yeah. People sometimes think, "Oh, if I'm not studying up until the very last second, I'm guaranteed I'm not going to pass." Well, that's sort of ridiculous. You're probably setting yourself up for failure. So, let's talk through the few days before the exam, about what people need to be thinking about, what they need to be doing to make sure that when the exam day comes you actually show up well rested and ready to go.



- Lee Burgess: Sounds good. So, let's start with Saturday on your pre-bar exam weekend.
- Alison Monahan: Wow! What a great weekend that is.
- Lee Burgess: I know! It's such a great weekend. The first thing I think people want to start doing if they haven't been doing it already is getting up at the time that you are going to get up on exam day.
- Alison Monahan: That's a good idea, if you're not a morning person, which I'm not.
- Lee Burgess: Right. And you are exactly the type of person that I'm thinking about, because you usually have to be at the exam center 8:00 something at the latest. Fairly early. And if you're transporting yourself there, it could even be earlier. So, if you're not someone who gets up at 6:00, like I do – not by choice, because my children like to get up at 6:00 – but if you aren't used to that, then that can be a pretty painful awakening. So, just like with jet lag, you want to give yourself a few days to adjust.
- Alison Monahan: Right. That's what I was going to say, it's basically exactly like giving yourself jet lag. So, if you know you're someone who does not respond well to jet lag and is not a morning person, definitely start getting up early, maybe even before the Saturday before, but definitely by then. Because that gives you few days to shift your schedule.
- Lee Burgess: Yeah. And some people end up changing locations or taking a plane and flying across country, and also have to deal with jet lag. So, if you know, let's say, that you are going to be taking the New York bar and you live in California, you may want to start thinking about whether you need to start shifting what time you go to bed even earlier before you fly out, so that the jet lag is not that painful.
- Alison Monahan: Yeah. And melatonin can be useful for that. Do some research.
- Lee Burgess: Yep. Alright, the other thing I think you want to consider doing is studying in three or three and a half hour blocks. Three and half hour blocks are really for California folks, which is really how you'll be doing the testing. And you want to get comfortable with this because you have to sit and focus for this solid amount of time without taking a bunch of breaks. Maybe you won't be able to even have water on the desk. You want to limit bathroom breaks. You want to think about what you've been eating. You really want to start mimicking it so you feel comfortable sitting in one place for three hours.



- Alison Monahan: Yeah. And I think this is a good time. You sit down and you do your 100 MBE questions. And you think, "Oh, that was really horrible." Then you think to yourself, "I'll have to do that twice on test day."
- Lee Burgess: Exactly. Yeah.
- Alison Monahan: So, better that you've done it before. I made the mistake on the LSAT... I probably shouldn't say this, but I actually had not ever taken a full LSAT under test conditions. I'd taken the different pieces. And then when I went to the exam day, half the questions I missed were in the last section because I was just so tired.
- Lee Burgess: Yeah. You were just burned out.
- Alison Monahan: Yeah. And also they added, I guess, the extra questions and stuff. It was just a very different experience to sit there for several hours versus just doing each piece.
- Lee Burgess: Yeah. We talk to a lot folks who are unsuccessful who blame fatigue, day-of fatigue. I think especially that second day, that afternoon session, it can be really taxing. And I think people underestimate how physically difficult it is to sit in one spot for three hours and just use your brain.
- Alison Monahan: Yeah. And I think too you've got to make sure that you are comfortable switching topics. For example, if you're doing the MEE, you're going to have three hours and they're going to hand you six essays. And that can be a very different experience from sitting down and being like, "Oh, today I'm going to do a civ pro essay. And today I'm going to do a torts essay." Because nobody's going to tell you what they're about. So, you need that experience of getting... With our tutoring students, we call it the "surprise package". It just gets delivered to them and they have to sit down and do it. So, you want to make sure that you've had that experience. And if you've never done back-to-back essays like that, you need to do them this weekend.
- Lee Burgess: Yeah. And I think that if your bar review provider hasn't provided those for you, you can always maybe find another bar prep friend and say, "Will you put together a packet for me, and I'll put together a packet for you?" So, you do have that element of surprise.
- Alison Monahan: Yeah, absolutely. Or you could even find and download a full exam and just do one from a few years ago. That's pretty much exactly what it will be like.



Lee Burgess: For sure. I think another interesting thing to think about is when you're going to eat lunch. You probably want to eat lunch around the same time that you're going to end up eating lunch during the test, and make sure that you're eating enough lunch. I think that this can be a problem for folks who are big snackers.

Alison Monahan: Yeah. That's me.

Lee Burgess: Yeah. Because the bar doesn't really let you take snack breaks.

Alison Monahan: No. It definitely is a downside.

Lee Burgess: Or coffee breaks.

Alison Monahan: No. Don't try to sneak in your almonds.

Lee Burgess: Right. And you don't get your 2:00 o'clock latte.

Alison Monahan: Right. Yep. It's bad.

Lee Burgess: It's bad. So, you need to adjust yourself to match the schedule of the examiners. So, if you don't usually eat lunch at 12 and you've got to eat lunch at 12, make sure that you know what you need to eat to make it all the way until 4:30 or 5:00, or whenever you're going to be done.

Alison Monahan: That's a very long time.

Lee Burgess: That's a very long time!

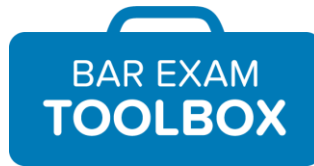
Alison Monahan: And for a lot of people, I think if you eat a lot, then you get kind of drowsy. So, you've got to think about calibrating your caffeine intake, because you don't want to have too much.

Lee Burgess: Your sugar intake. You don't want to have too much sugar so you crash.

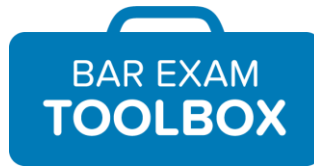
Alison Monahan: Yeah, it's a lot to think about actually. You can try some stuff out this weekend, see how it makes you feel.

Lee Burgess: You can. Exactly.

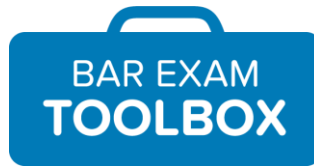
Alison Monahan: See when you get hungry again.



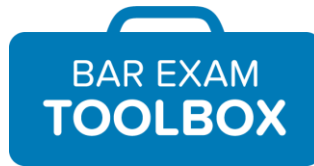
- Lee Burgess: Yeah, it's true. The other thing you can do is do a test run to the exam site if you haven't already done it to decide how long it's going to take you to get there, where you're going to park. We were just trying to park before coming to this podcast, and Tuesdays are street cleaning days in this neighborhood.
- Alison Monahan: Who knew?
- Lee Burgess: And it would take you longer to park. So, you want to make sure that where the bar exam is, that Tuesday isn't street cleaning day if you have a plan to street park in a neighborhood for free or something like that.
- Alison Monahan: Right. And you definitely want to double check that that's feasible, so you're not worried about if your car has a ticket or if you have to run out during lunch and try to move your car. I would just really try to avoid any type of thing like that.
- Lee Burgess: Yep. If you're taking public transit, make sure you know exactly what public transit you can take. This is always a big anxiety inducer for me because I feel like public transit is incredibly unreliable.
- Alison Monahan: Yeah, it really is. You definitely want to have a backup plan. In California, in the Bay Area, the bar is typically given in Oakland. And so, you might think, "Oh, I can just jump on BART from San Francisco." Ha ha! Probably wouldn't really rely on that because you don't really have another option.
- Lee Burgess: Yeah. If you get stuck in the tunnel, there's no way out.
- Alison Monahan: Right. And if BART just stops running, that's the tunnel. At that point are you going to take a bus or are you going to take an Uber? I actually took the ferry to my hotel because I thought it would be a nice experience. But I would not take the ferry an hour before the exam.
- Lee Burgess: Yeah. So, you really want to make sure that you understand and have done your risk assessments, I guess, when it comes to public transportation.
- Alison Monahan: Yeah. I mean, worst case, do you have a bike backup? Is there any way you could walk? Are there people you can call to come and get you?
- Lee Burgess: Right.
- Alison Monahan: And in the winter, you could have snow and all kinds of things to deal with.



- Lee Burgess: Oh, that's true. Other things you want to do is make sure you have all your registration materials. Print or download anything you need, make sure if they've mailed you stuff that you have what you need. Make sure it's in some sort of a Ziploc bag, that you know what you can bring in the room, and you have everything organized. I wouldn't spend a lot of emotional energy being like, "I wonder if it should be this Ziploc or that Ziploc", or whatever.
- Alison Monahan: They're usually pretty specific too. It's usually like, "You get a gallon-sized, clear Ziploc bag. These are the things that you can and cannot put in that bag." Beyond that, basically, don't put anything that could conceivably be in the list of things that you are not allowed to bring, and then don't really worry about it.
- Lee Burgess: Yeah, exactly. But go ahead and put that all together so you can grab and go and you're not looking for something in the last minute.
- Alison Monahan: Definitely. I think the point about the registration materials – make sure that you know exactly what you have to show them. Do you have to bring I.D.? What type of I.D.?
- Lee Burgess: Ooh, is your I.D. valid? Is it expired? The driver's license expiration dates, those can sneak up on people.
- Alison Monahan: Yeah, exactly. If you're international, what do you have to show them? Do you need your passport? Maybe so. Yeah, you just want to make sure that you've checked all the boxes on this, so that you can just show up, show them this piece of paper and your I.D. and your plastic bag, and go sit down and not have any issues.
- Lee Burgess: Exactly. You also want to confirm that your computer is good to go. So, you want to turn off those automatic updates, make sure you've done all the testing, downloaded or uploaded everything that you need, make sure that your power cord is working, and all of that kind of stuff. Because you really don't want last minute computer surprises.
- Alison Monahan: No. And I think if there's any software, you need to have tested that. Probably turn off any sort of automatic updates that sometimes can mess up the test software. Presumably, if you're using your computer, there is some sort of testing software, so you want to be sure you know how to use that. Are you allowed to use spell check? How does that work? What kind of formatting options do you have? Because you don't really want to be spending time looking for, "How do I make it bold?" You should already know that.



- Lee Burgess: Right. Exactly. So, from a study perspective, I think the thing to focus on Saturday is some time to focus on the weak areas of heavily tested law. So, we really believe that the best use of your time is to be reviewing stuff that is likely to show up on the test. And you basically need to know everything that is likely to show up on the test. So, if it's heavily tested, know it. And if you don't know it, create a list and start drilling that material this weekend. Because I think these last few days are not about a minor nuance that you won't know. It's, "Do you know the solid, core amount of law that is likely to show up between the MBE and the MEE?"
- Alison Monahan: Right. Exactly. And this varies by the test. So, California tests different things than the MEE essays do. So, if you're in California and you're listening to this, you probably need to make sure you know professional responsibility. Take this as a public service announcement from someone who did not understand that that was actually on the exam. It will be tested, I guarantee you. I think that's, in bar world, about the closest to a guarantee that we ever get.
- Lee Burgess: Yeah. I think that's true.
- Alison Monahan: It is literally on something like 95% of the exams.
- Lee Burgess: Yeah. And not even just using the professional responsibility example. It's not even just professional responsibility. In the realm of professional responsibility, there are rules that you will absolutely see. You will see conflicts of interest. You will see duty of loyalty.
- Alison Monahan: Right. And they're going to ask you about California versus the federal.
- Lee Burgess: Right. Or the ABA.
- Alison Monahan: Right. Yeah.
- Lee Burgess: Yeah. But this idea that you shouldn't be surprised and be like, "Oh, that conflicts of interests rule! Who knew?"
- Alison Monahan: Who knew they were going to ask about that?
- Lee Burgess: There are statistics on that. You can find frequency analyses for free on [SmartBarPrep.com](https://www.smartbarprep.com). We have this information as part of our Brainy Bar Bank tool. There's no secret what this information is, so you just need to know it.



Don't be surprised by something that basically, over history, they've already told you is going to show up on the test.

Alison Monahan: Yeah. And same thing if you're taking the UBE – probably want to look at civ pro. Most heavily tested topic on the essays. Not quite as much of a guarantee as professional responsibility, but most likely going to make an appearance. What do you think about predictions? Should people be spending time this weekend only studying what some random website tells them is going to be on the exam?

Lee Burgess: I really, really, really don't like predictions, because I have talked to many people who have gambled on predictions and been wrong. I've heard predictions be incredibly wrong. Sometimes they're right, and that's booye for them.

Alison Monahan: I like, "Professional responsibility, going to be on your test". Like, "Oh yeah!"

Lee Burgess: I know. I make that prediction every single time. I'm not a gambling person myself. I go to Vegas, and I'd rather go shopping than give my money to casinos, because I don't particularly like to gamble. So, I would much rather play the numbers. And so, for me, I've definitely had students say, "I didn't study evidence, because they'd already just tested evidence. And they tested it again. How did they do that?"

Alison Monahan: Evidence is on the MBE, you should have studied it. Next!

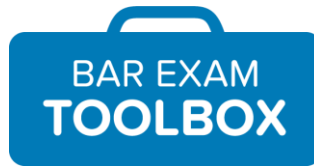
Lee Burgess: Yeah. One, it's on the MBE. And two, there are no rules that say that just because they've tested it once, they cannot test it again.

Alison Monahan: They're never going to do it again.

Lee Burgess: And I think there's this comfort that people get from saying they can game the system. I think the reality is you can't game this test. You can use statistics of what we know about how they test certain topics and know what you're likely able to see. But they're also going to throw in some stuff in there that's weird, that maybe isn't even in your [BARBRI](#) book. This happens every single year – they throw some curve ball. And so, that's not going to be on the predictions. I am one of those people who's like, "Hey, let's just learn everything that we think has a high likelihood of being on the test. And then some stuff on top of that will be gravy. And then I will know enough about how to deal with the questions that I don't have any idea what the answer is, because I'll have a plan for that." And then you see where the chips fall.



- Alison Monahan: Yeah. I agree, in principle. I think it's worth... For me, out of curiosity, I might look at them and make sure there's nothing on there where I'm like, "Wow! I didn't realize that might be on the exam." But, beyond that, I definitely would not only study off of those lists, which is what some people do the last weekend. And I think that is not the best approach.
- Lee Burgess: Yeah. The predictions said that remedies would not be on my bar exam. And it was question number four. And a lot of people chose not to study it. Oops!
- Alison Monahan: Well, with something like remedies you're like, "That's probably going to show up some place." You're going to have to do damages. You probably need to know the basics of this at least.
- Lee Burgess: Exactly.
- Alison Monahan: Yeah. I think a lot of this is just being sensible too.
- Lee Burgess: Yep. So, if we're thinking about a good six-hour study schedule – which I think six hours for this Saturday, six to eight hours max is a good target – it's pretty much 30% to 40% of your time memorizing, and the rest of it needs to be practice. So, I recommend you do practice on those heavily tested essays and topics covered in those essays. And I think it's very important not to study super late. We already talked about getting up and getting moving early in the morning. And I think you need to also be willing to shut it down in the evening, so you can get to bed at a good time and try and get a good night's rest. Because studying late at night and being on your phone and being on your computer doesn't lead to good sleep.
- Alison Monahan: No. I think Saturday is a good night to get some extra sleep. Maybe watch some funny movie or something, and go to bed early. And then get up at your scheduled time on Sunday.
- Lee Burgess: Exactly. So, on Sunday, other than doing a little studying, which we'll talk about in a minute, we think it's also a good idea to start packing. Because if you're going to stay at a hotel, you want to make sure you have what you need. You also want to call the hotel and confirm your reservation. I have had students who've called the hotel and they don't know who they're talking to, because the reservation didn't show up.
- Alison Monahan: Oh no!



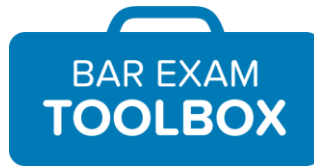
Lee Burgess: Oops!

Alison Monahan: Because those hotels are probably pretty crowded.

Lee Burgess: Yeah. So, you definitely want to have your confirmation when you talk to the hotel. You can also request a low floor room. A lot of people like that, so if it's a tall hotel they don't have to wait so long for the elevators. And you may also want to see if it's possible to get a mini fridge, so you can keep food in your room. Another option is whether or not you want a late check out on the second day to see if you can stay until after the test, so you don't have to pack up and check out of your room on Wednesday. I think for a lot of people, that gives them a place to go eat lunch on Wednesday, which is very nice. They may charge you a small fee, but in the grand scheme of bar world, it may be totally worth it.

Alison Monahan: Even paying for one extra night might not be the worst idea if you really want that. Yeah, because a lot of these hotels, if they're near a convention center or something where the bar is happening, and it's hundreds or even thousands of people, they're going to be pretty booked up and it's going to be pretty crazy that last morning if you're trying to leave luggage at the front desk and you're stressed out and there are hundreds of other people trying to leave their luggage. Anything you can do to just plan ahead and avoid these situations, so that you go in in the right state of mind, is really going to be to your benefit. Because you don't want to show up stressed out, running late, wondering if your luggage is going to be okay. It's well worth it just to have to pay a little bit of extra money to get late check out or even an extra night, or figure out some other plan, like you're going to put your stuff in your car or whatever.

Lee Burgess: Right. If you are staying at home, you want to make sure you've done all your laundry and your grocery shopping and things like that, so that your house is set up. Maybe you're even going to prep some foods. I've been having to pack lunches for my son, so I've been a lot into weekends, like, "How do I make my life easier?" And now my whole rule is, never cut up one carrot, always cut up a bunch of carrots. And then you put them in a canning jar full of water. And then you just grab carrots. And then you cut up a whole thing of celery, and then you cut up a whole pepper. And you never cut up one thing. You cut up a huge thing of watermelon and put it in a big container. So, I could also see, especially if you're going to stay at home, or even if you're going to stay somewhere where you're taking food with you, that you could spend some time doing a little bit of prep to make things easy for yourself. You want to make all the other stuff outside the test very easy, because you're very fatigued at the end of the days.



- Alison Monahan: Yeah. And I was going to say, you probably want to even think about what you're going to eat when you come back. So, go ahead and plan ahead for your dinner so that first day when you roll back into your house and you're so exhausted and you still have another day to go, you're not sitting there thinking, "Ugh, what am I going to eat?" And then you order out pizza or whatever.
- Lee Burgess: Yeah, and then you feel terrible.
- Alison Monahan: Your future self will thank you for thinking ahead about what you're going to eat that first night. You can just roll in and be like, "Oh, I just have to heat this up. It's going to be delicious. And then I can relax and then go to sleep."
- Lee Burgess: Yeah. You could warm up the Instapot over the weekend, put some stuff in there, have your fridge stocked with a few different great meals, even stuff for lunches if you're packing your lunch for the bar. It's not going to make your stomach upset. It's good stuff.
- Alison Monahan: Yeah. You know you're not going to get food poisoning from some dodgy restaurant. It happens!
- Lee Burgess: Right. Yeah. You also want to think about what you're going to take into the exam room. We talked about getting your ticket and registration stuff together. They're going to have a list of things you can bring. Don't bring everything on the list. Just bring what you need.
- Alison Monahan: You need to have your... Not your phones... What are those things called? Ear plugs.
- Lee Burgess: Ear plugs. Yeah.
- Alison Monahan: Your ear plugs. Whatever they're allowed to bring in terms of pencil, pen, highlighter.
- Lee Burgess: Advil. Sometimes you're allowed to bring things like Advil or Tylenol.
- Alison Monahan: I definitely needed that the first bar I took when we had to hand write. It was awful. And if you are going to hand write, you really need to think about what kind of pen you're going to bring.
- Lee Burgess: That's true.



Alison Monahan: That's critical. In fact, even if you're not planning to hand write, you still ought to have a pen you can write with, just in case something happens to your computer. Because you don't want to be writing with a pencil. So, everyone, please put in some sort of reasonable pen that you could write for hours with if you had to.

Lee Burgess: How about two? Two reasonable pens.

Alison Monahan: Have several, in case they run out of ink.

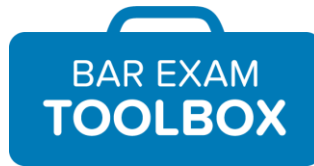
Lee Burgess: Yep. So, from a studying perspective – again, I think if you're studying, let's say six hours or so max this day, you want to, again, continue to chip away at the law that you're still struggling with that is heavily tested. Again, don't get too caught up in things like predictions because they can be very wrong. So, stick to the statistics and make sure that you're testing what's heavily tested on the MBE and on the essays. I think the other thing you want to think about is to not play mind games with yourself. I think this is where kind of quizzing yourself on MBE questions can start getting a little toxic, because you get nervous, and then maybe you don't have a great 30-question set, and then you start to convince yourself you're going to fail. I mean, this is very easy to do. So, you want to be kind to yourself. And if you're feeling like you're getting anxious, maybe it's not a great time to quiz yourself on MBE questions. It's a better idea to just do some studying. Maybe if essays are less anxiety inducing... This isn't where big gains are going to be made.

Alison Monahan: No. I feel like this is a point where you might want to just sit down and rewrite some heavily tested rule statements, stuff you feel fairly confident about.

Lee Burgess: Your attack plans..

Alison Monahan: Yeah. If you can't do that at this point, you probably do have cause for concern. So, I would say that's something that you could actually spend some time focusing on, is, "How am I memorizing and able to write down these attack plans? Do I know the law by element?" Those sorts of things. But hopefully you've been doing this all along and this is not a new idea.

Lee Burgess: Yep. Alright, then comes Monday. Monday. So, the bar exam is the next day. So, the first thing you want to have is a pre-set time when you're going to stop studying. You can just pick it – noon, 1:00 o'clock, 2:00 o'clock. I would say no later than 3:00 o'clock. But you just cut yourself off. It doesn't matter how you feel. Just put the books down, walk away. Very important. You want to spend a



little time that morning continuing to check off your list of law that you're still struggling with. Really be careful about doing lots of essay questions or MBE sets. I don't think that's the best use of your time. I think you just want to drill the law, because you can easily get into a head space that you feel like you don't know what's going on, or yadda, yadda, yadda.

Alison Monahan: This is not the time to demoralize yourself.

Lee Burgess: No, no, no, no. This is also the day that you want to travel where you're going if you're going to be transporting yourself. You might need to go the grocery store, get the food that you need to stock your hotel room. If you can't get a mini fridge, you can do ice chests. Didn't you have a great Burning Man trek about ice?

Alison Monahan: Oh, yeah, yeah, yeah. So, with your ice chest... And this is a great one for a hotel because they always have an endless supply of ice. But it's way better not just to dump the ice into your cooler, because then it melts, you've got a mess to deal with, the labels start peeling off of things. Trust me, it's not a good scene. However, if you take some big Ziploc bags and put your ice in that, then when it melts, all you have is a Ziploc bag full of water that you pour into the sink.

Lee Burgess: Magic!

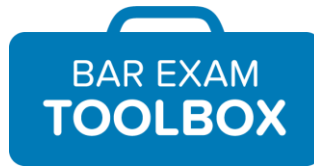
Alison Monahan: Yeah. It really is life changing. So, you could easily have two or three days' worth of supplies that you keep perfectly cold, perfectly nice, no problems. Your ice coffee can be in there, whatever it is. And then you don't really have to worry so much about, "Am I going to be able to find something that's edible in this place that I'm taking the exam?"

Lee Burgess: So true. So, definitely thinking ahead there about making it work for you is very important.

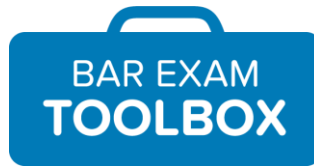
Alison Monahan: Some of us are more picky than others, let's be honest.

Lee Burgess: That's true. I make my own ice coffee now, or my own cold press. I guess it's cold brew, not cold press. But you get used to the caffeine in your own coffee, and then you go get somebody else's coffee and it can be more acidic and not sit as well, make you feel jittery.

Alison Monahan: Yeah. I feel like if you've got a plan dialed in, just go with it.



- Lee Burgess: Yeah, exactly.
- Alison Monahan: Figure out a way to keep that plan for the bar exam, so that you're not trying to go to the local Subway because that's the only vegetarian option, which is not going to hold you for four hours.
- Lee Burgess: Right, exactly. You also want to have a good plan to distract yourself. So, going out to a movie or going to dinner with a friend, maybe somebody who's not sitting for the test so they can't talk to you about the test. My now husband, who was my boyfriend at the time, we went to Mamma Mia, which was not the best movie ever. But we were just burning hours. It was just like, "What are we going to do until it's time to go to bed?" But you do want to make sure that you're doing something to pass the time.
- Alison Monahan: Yeah. One thing I did... I don't think I did it on the Monday, but maybe on the Saturday or Sunday before one of the exams, was I got a massage.
- Lee Burgess: Oh, that's a good idea.
- Alison Monahan: That was really great, because you're physically stressed out, you've been sitting for a long time. I probably wouldn't do it on Monday. But the Saturday or Sunday, great time to take a few hours, get a massage, get physically ready to go.
- Lee Burgess: That's a good point. Get some of the tension out, sleep a little bit better.
- Alison Monahan: Exactly.
- Lee Burgess: Yeah. So, the other thing you want to think about on Monday is, don't sleep in. Get up early, because you're going to have to get up early on Tuesday and you don't want to make it so you cannot go to bed that night. Have a similar breakfast as you're going to on exam day to make sure you have your food down. And think about how you are going to bed.
- Alison Monahan: Yeah. I was going to say, this is not the time to start experimenting with sleeping pills and things. If you need them, take them. But if you've taken Ambien before, I would not recommend doing it the night before the bar exam, because you just don't know how you're going to react to it.
- Lee Burgess: Yep. You also might want to try and eat dinner a little earlier, because if you have trouble going to bed early, it can be harder to go to bed if you have a super



full stomach. So, you might want to go to a 6:00 o'clock dinner and not an 8:00 o'clock dinner if you're trying to go to bed by 10:00.

Alison Monahan: Yeah, exactly. And don't read anything stressful.

Lee Burgess: No. I know.

Alison Monahan: Certain books and things, sometimes you'll feel like you're getting to a point where you're like, "Oh, this is getting ready to take a very dark turn."

Lee Burgess: I've had this happen to me in my hotel room. I was reading this book that I thought was going to be very fluffy and women-centric, friends knitting circle or whatever. And then I could tell...

Alison Monahan: Somebody's going to die!

Lee Burgess: Somebody's going to get cancer. And they did and I literally shut the book and was like, "I will not read about cancer during the bar exam. I'm over it."

Alison Monahan: No. I remember one of the days... Because at that time California was still three days. So, you had two nights to kill, which was so brutal.

Lee Burgess: Those were such long nights!

Alison Monahan: And I think it was the second night I was just like, "Oh, I'm so tired. I can't go to bed at 7:00, or whatever it is, because I'll wake up at 2:00 in the morning." And so, yeah, I was flipping channels. And thank goodness, Harold & Kumar Go to White Castle was on TV, and I was like, "This is exactly what I need to watch right now."

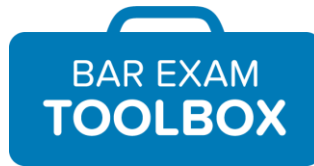
Lee Burgess: Yep.

Alison Monahan: Something completely just entertaining.

Lee Burgess: Completely entertaining.

Alison Monahan: So, plan ahead, have something entertaining.

Lee Burgess: Exactly. Download some favorite reality TV shows or whatever it is that you find light and distracting.



Alison Monahan: Yeah. So, basically, I think this is the weekend to get your ducks in a row, make sure you're not going to have problems when you show up to the exam. You also want to know how to upload your answers, because that's something you don't want to be stressing out about at the last minute. So, you can just check these boxes. And then look at your heavily tested rules, make sure you're pretty solid on those. And then it's really just about keeping your head in the game and not having a total melt down.

Lee Burgess: Yep. One thing for folks who may get accommodations, if you're taking the exam at a hotel, or maybe you have a specific room set up, often times there are rules that you have to check in the day before, because apparently some people don't show up to the test. A high number of folks don't show up to the test.

Alison Monahan: Really?

Lee Burgess: Yeah. It was very shocking. One of my students gave me that statistic once. But you end up needing to check in. Sometimes you have to develop the schedule for when you're going to take the lunch break, if you're sharing a room with someone else. But anyway, make sure that if you do get accommodations, you've read all the materials that the bar has given you. And if you do need to do anything the day before the test, that that also gets done.

Alison Monahan: Well, and I would say if you are getting any type of accommodations, you want to make sure you have that documentation with you, in case there are any issues about what you should be getting. So again, you're not arguing, "Well, I know they sent me this." You just have everything that was sent to you printed out, ready to go, where it's like, "Well, it says right here that this is what I'm supposed to get. So, let's figure out how to get me that."

Lee Burgess: Exactly. Alright, well, I think with that we are out of time. But good luck to everybody who is getting ready to sit for the bar exam!

Alison Monahan: Good luck! Just remember, it will be over in a few days.

Lee Burgess: Exactly! There's a light at the end of the tunnel.

Alison Monahan: Head in the game. Keep going!

Lee Burgess: I want to take a second to remind you to check out our [blog](#) at BarExamToolbox.com, which is full of helpful tips to help you prepare and stay



sane as you study for the bar exam. We even have packing lists, I believe, on there if you don't know.

Alison Monahan: I'm pretty sure we do.

Lee Burgess: We do.

Alison Monahan: We even have how to find a last-minute hotel.

Lee Burgess: Oh yeah.

Alison Monahan: Because one of our tutors had to do that.

Lee Burgess: Yep. You can also find information on our website about our courses, tools, and one-on-one tutoring programs to support you as you study for the UBE or California bar exam. If you enjoyed this episode of the Bar Exam Toolbox podcast, please take a second to leave a review and rating on your favorite listening app. We'd really appreciate it. And be sure to subscribe so you don't miss anything. If you're still in law school, you might also like to check out our popular [Law School Toolbox podcast](#) as well. If you have any questions or comments, please don't hesitate to reach out to myself or Alison at lee@barexamtoolbox.com or alison@barexamtoolbox.com. Or you can always contact us via our website [contact form](#) at BarExamToolbox.com. Thanks for listening, and we'll talk soon!

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