Passing the Bar: A Quick Reference Guide For Today’s Law Student

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Critical Exam Skills: Building Confidence and Reducing Anxiety

Anxiety and confidence play a big role in bar exam success. It is unlikely that you will feel confident walking out of the bar exam. Most people leave feeling unsure of whether they passed or not. That is to be expected. However, it is critical that you walk **into** the exam with confidence.

There are a lot of resources that can help you get into a positive mindset. You want to have a practice to maintain your mental health throughout the bar study period. There are a lot of resources that can help you with this, such as the [Headspace App](http://ww.headspace.com/__),), and [other mindfulness apps](https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/). The [ABA’s Lawyer’s Assistance Program](https://www.americanbar.org/groups/lawyer_assistance/articles_and_info/law_student_resources/) has resources and advice as well, and many law schools run wellness workshops, meditation, or yoga. There are also visualization techniques that you can engage in throughout bar study to help your mind imagine that you are in the exam room, so that when you actually get into the test, you are prepared for all of the feelings it will bring.

You can also speak to someone in your school’s Student Affairs/Services Department. This is particularly important if you find yourself experiencing anxiety levels that are unusual for you. They are experts at helping law students and bar takers, and have helped many who came before you and experienced similar challenges.

Your goal is to walk into the exam confident that you are prepared. No, you will not know everything. Yes, there are always more rules you could have memorized and more practice questions you could have completed. But, you have studied hard and worked smart. You are ready.

You deserve to be here, on the precipice of taking the bar exam. Getting to this moment is a tremendous feat in and of itself. Think back on all of the hard work and sacrifice that got you to this moment. Remember your loved ones, mentors, and allies who helped propel you to this moment. (If it helps motivate you, you can also remember those who told you that you would never get to this point.) The bar exam is one more obstacle to overcome on your journey to become a licensed attorney. As you enter the exam room, you stand on the shoulders of giants – those who came before you and made it possible for you to be in the exam room now. You are their legacy. It is your time to show them what you can do. You are ready for this. Nothing can stop you now.

Sit down for the bar exam with the confidence that you are capable. You are right where you need to be. You have had the tremendous opportunity to go to law school and study for the bar exam. You are one of the lucky ones. You are destined for greatness. You can, and you will, pass the bar exam.

Remind yourself of this every day as you study. Close your eyes and remind yourself of this as you hit a tough question on the exam. Keep telling yourself – you can and you will!

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