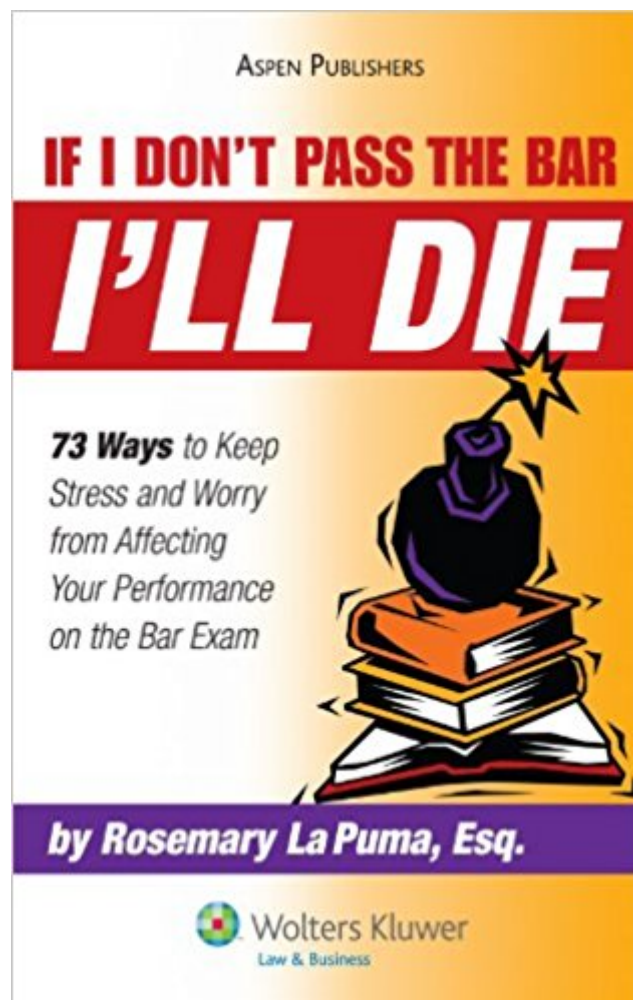




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If I Don't Pass The Bar I'll Die: 73 Ways To Keep Stress And Worry From Affecting Your Performance On The Bar Exam



Synopsis

If I Don't Pass the Bar I'll Die By Rosemary La Puma, Esq. Taking the Bar Exam? ã ã Have you ever finished reading a test question only to find that you have no idea what you just read? ã ã Have you ever been so worried about finishing a test in time that you wrote gibberish? ã ã Have you ever put off studying for exams until the last minute? ã ã Have you ever been unable to answer a question and had it dog you for the rest of the test, interfering with your concentration? ã ã 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. It includes 73 ways to keep stress and worry from affecting your performance on the Bar Exam. About the Author Rosemary La Puma is the founder and owner of Rosemary's Review A Comprehensive Bar Tutorial. She has been leading bar tutorials and helping students pass the California bar exam for 14 years. Professor La Puma has taught hundreds of students her simple but effective techniques. Professor La Puma's interest in the effects of stress and worry on academic performance started with her own California bar experience. This book is a compilation of the techniques she has used to help her and her students master their stress and worry. An adjunct professor at Golden Gate University Law School, Professor La Puma teaches legal writing courses. In addition, she served as the Assistant Director of Academic Support at the University of Southern California School of Law during the 2007-2008 school year.

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Customer Reviews

Rosemary La Puma is the founder and owner of Rosemary's Review-A Comprehensive Bar Tutorial. She has been leading bar tutorials and helping students pass the California bar exam for eight years. She has taught hundreds of students her simple but effective techniques. Rosemary's interest in the effects of stress and worry on academic performance started with her own California bar exam experience. This book is a compilation of the techniques Rosemary has used to help her and her students master their stress and worry. Ms. La Puma is an adjunct professor at the University of San Francisco Law School and Golden Gate University Law School where she teaches legal writing courses. --This text refers to an out of print or unavailable edition of this title.

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.

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 .

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