

Tips for Getting Caught Up

Take a Step Back

Growth Mindset and Long-term Goals

Focus on the things you can control (how much work you put into your classes), not the thing you cannot control (grades)

You came to law school to learn how to be a lawyer, not to get good grades

Focus on learning the skill of legal analysis.

Practice is the best way to improve, and you get more out of it when you put more into it.

Remind yourself why you are here - what do you hope to do with your law degree?

YOUR GAME PLAN: DO'S & DON'Ts

- **DO** create a schedule.
- **DO** break up your studying into one-hour chunks.
- **DON'T** try to read the case that you missed.
- **DO** attend any remaining classes and review sessions.
- **DO** use commercial study aids (*Examples & Explanations*, *Gilbert*, *Emmanuel*, etc.) to learn the legal rules.
- **DO** use Quimbee or other commercial case briefs to understand the key cases.

YOUR GAME PLAN: DO'S & DON'Ts

- If you missed class, **DO** ask a classmate for their class notes.
- If you haven't started outlining yet, **DO** use an outline from an outline bank or a commercial study aid.
- **DON'T** make your outline a summary of the class. **DO** make your outline a practical tool that will help you answer questions on the exam.
- **DO** make time to do practice exam questions.
- **DO** schedule a meeting with Professor Hernandez.

STUDY TIPS

- Use a commercial study aid and/or another student's outline as the basis for your outline. Update and personalize with your class notes.
- Use small chunks of time (waiting at the airport, the flight, one hour before a review session, etc.)
- Break up large chunks of time: *how much can I get done in the next 30 minutes? Then I'll take a break. Then another 30 minutes.*
- Don't waste time on formatting your outline. It doesn't need to be pretty, just functional.
- Take the plunge and do practice questions, even if (especially if!) you don't feel "ready."
- Use the ASP website to find practice exam questions and a handout with guidance for self-assessment (with or without a sample answer).

SAMPLE EXAM PREP SCHEDULE



<https://docs.google.com/document/d/16j7YoACEN3k-WIjz3cO0is43jaHYvWBqyl9eVOxJWUo/edit?usp=sharing>

Issue-Spotter Questions: what skills are tested?

1. Identify legal issues
2. Identify the rules relevant to resolving legal issues
3. Perform legal analysis – apply the law to the facts

Focus on the Legal Rules

- Your outline should serve as a roadmap to your exam answer.

Issue

Basic Rule: X and Y

Sub-issue X

Sub-rule for X

Key cases/examples (brief)

Key policy considerations

Sub-issue Y

Sub-rule for Y

Key cases/examples (brief)

Key policy considerations

TIPS FOR THE EXAM PERIOD

- Get 7-8 hours of sleep every night. Sleep is more important than extra studying time.
- Eat nourishing food. If you are experiencing food insecurity, check out the Berkeley Food Pantry.
- After an exam, take the afternoon or evening off.
- 2Ls, 3Ls, LLMs:
 - Which exam should you take first? Either the hardest or the easiest.
 - Give yourself approximately two days between exams.



Don't forget:

- **Self-compassion**
- **Boundaries**
- **Giving ourselves permission to meet our needs**

Resources

- **Where can you find hypos and practice exam questions?**
→ Academic Skills Program website
- **Where can you find more tips and advice?**
→ Academic Skills Program website
- **Who can help?**
→ Academic Skills Program, Student Services, Berkeley Law Staff Psychologist, Tang Center

Questions?