

**NO NONSENSE EXAM SUCCESS: EXAM SUCCESS  
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**Suzann Millspaugh**

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Now he can encourage me instead of being mean to me! Elena DuCharme, an attorney and performance coach who specializes in helping bar-takers achieve the right mindset for bar exam success, shares two strategies to reduce stress and increase your bar exam score. In addition to removing the stress of task management, you can help your efforts by cataloging your notes.

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Creating time pressure to make yourself more productive. David's techniques stated that she had overcome a sense of anxiety about not having enough time in exams by simply stopping, breathing, calming down and assessing the time allocation realistically. They will get you further than you think.