

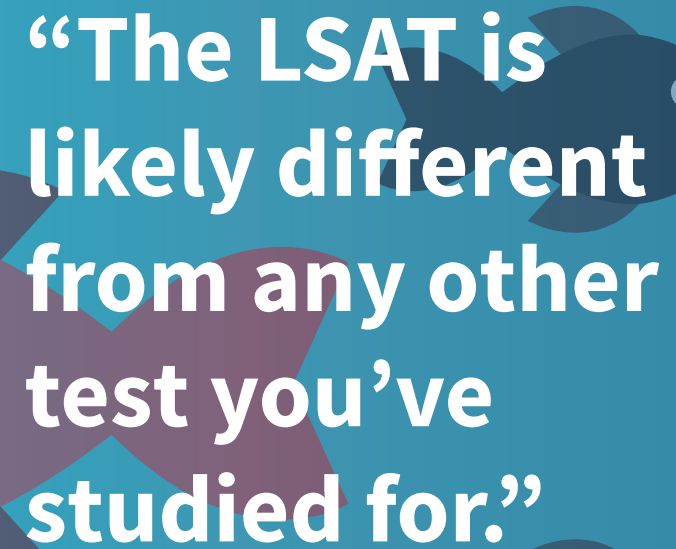
The  
**LSAT**  
Prep Mentality  
Guide

## KNOW WHAT TO EXPECT

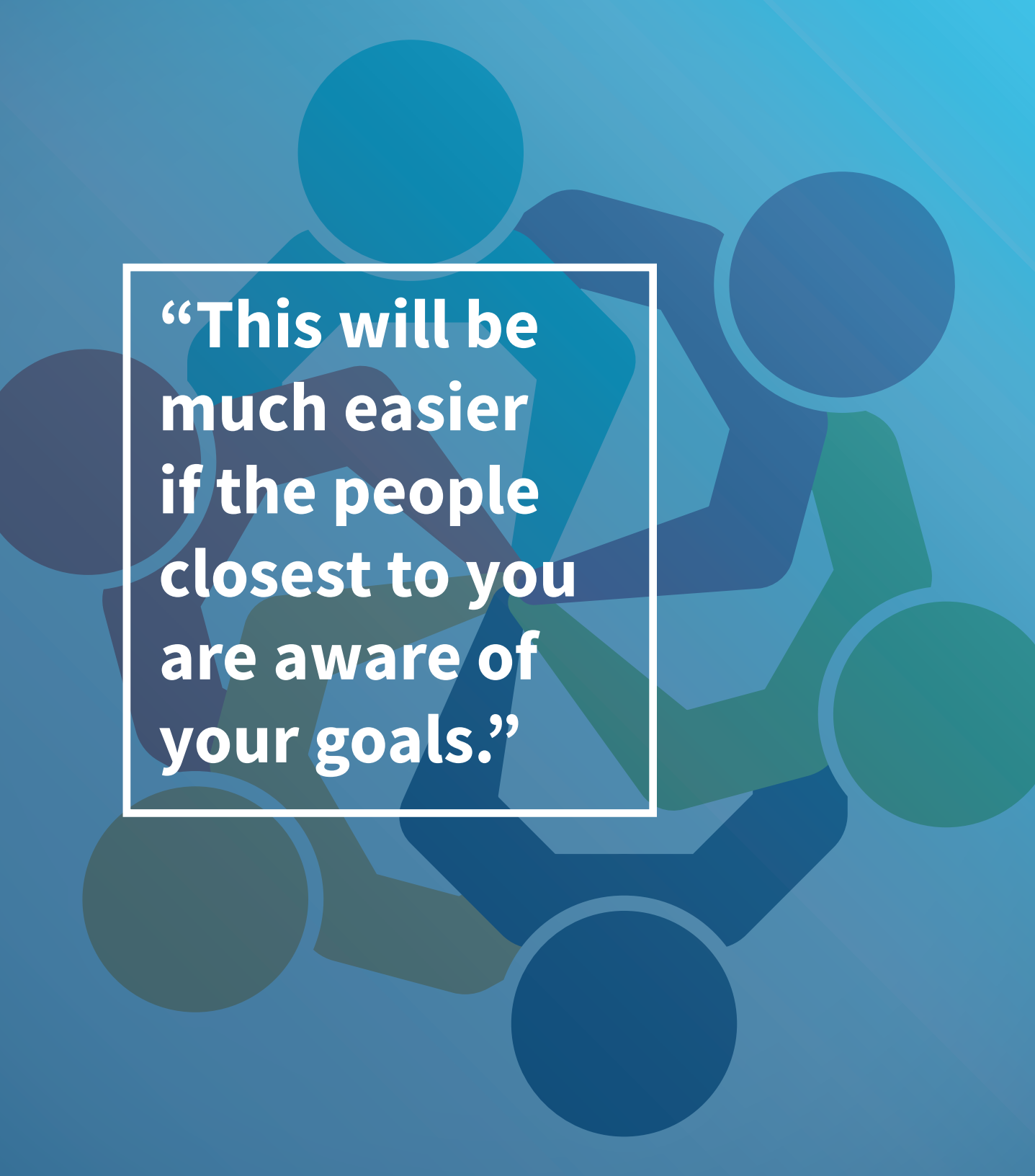
**The LSAT is likely different from any other test you've studied for.** It's not a fact-based test like History or Math; it's a process and reasoning test. The learning occurs on a curve and for most students the curve isn't smooth.

Plenty of students experience a score decrease when they first start preparing for the LSAT. This can be worrying, but it's actually normal—even expected! You're learning new LSAT methods and techniques, your natural process is initially disrupted and consequently you slow down. But with continued practice, you will get better and better, and soon these new methods become second nature.

Of course in order to master these ideas, you will have to devote a considerable amount of time and energy to studying, which brings us to our next topic.



**“The LSAT is likely different from any other test you’ve studied for.”**




“This will be much easier if the people closest to you are aware of your goals.”

## GET YOUR FRIENDS AND FAMILY ONBOARD

While you may not necessarily have to sequester yourself entirely, you will have to make certain sacrifices to the altar of LSAT prep, the greatest of which is time. **This will be much easier if the people closest to you are aware of your goals, and will support your journey towards achieving them** (often, that means not begging you to go out, or dropping in unannounced to distract you). We recommend laying the foundation of that expectation with your family, friends, and maybe even your employer as soon as possible.


## PREP-LIFE BALANCE

All that in mind, it's also crucial to have balance in life. **Even with LSAT prep, there is such a thing as diminishing returns, so don't burn out!** Keep prioritizing the non-LSAT things that are important to you and your physical and mental health. Exercising, eating well, having coffee with a friend—these will keep you sane and aid your prep in the process. Big picture: don't forget to enjoy your life.



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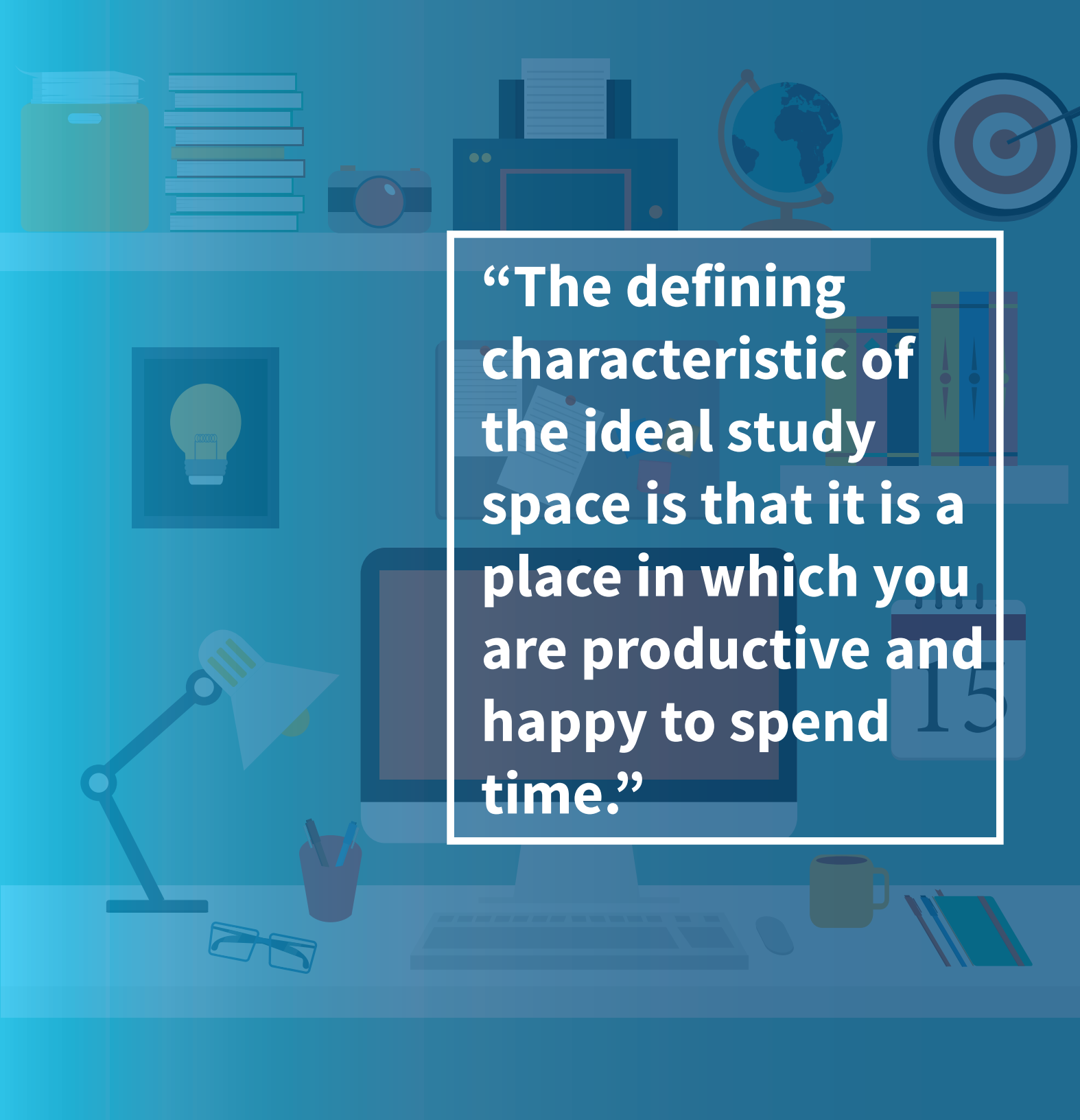
## TAKE CARE OF YOURSELF

What you consume, how many hours of sleep you get, and how active you are all have a considerable impact on how your brain works: its energy level, memory, and the efficiency with which it handles tasks.

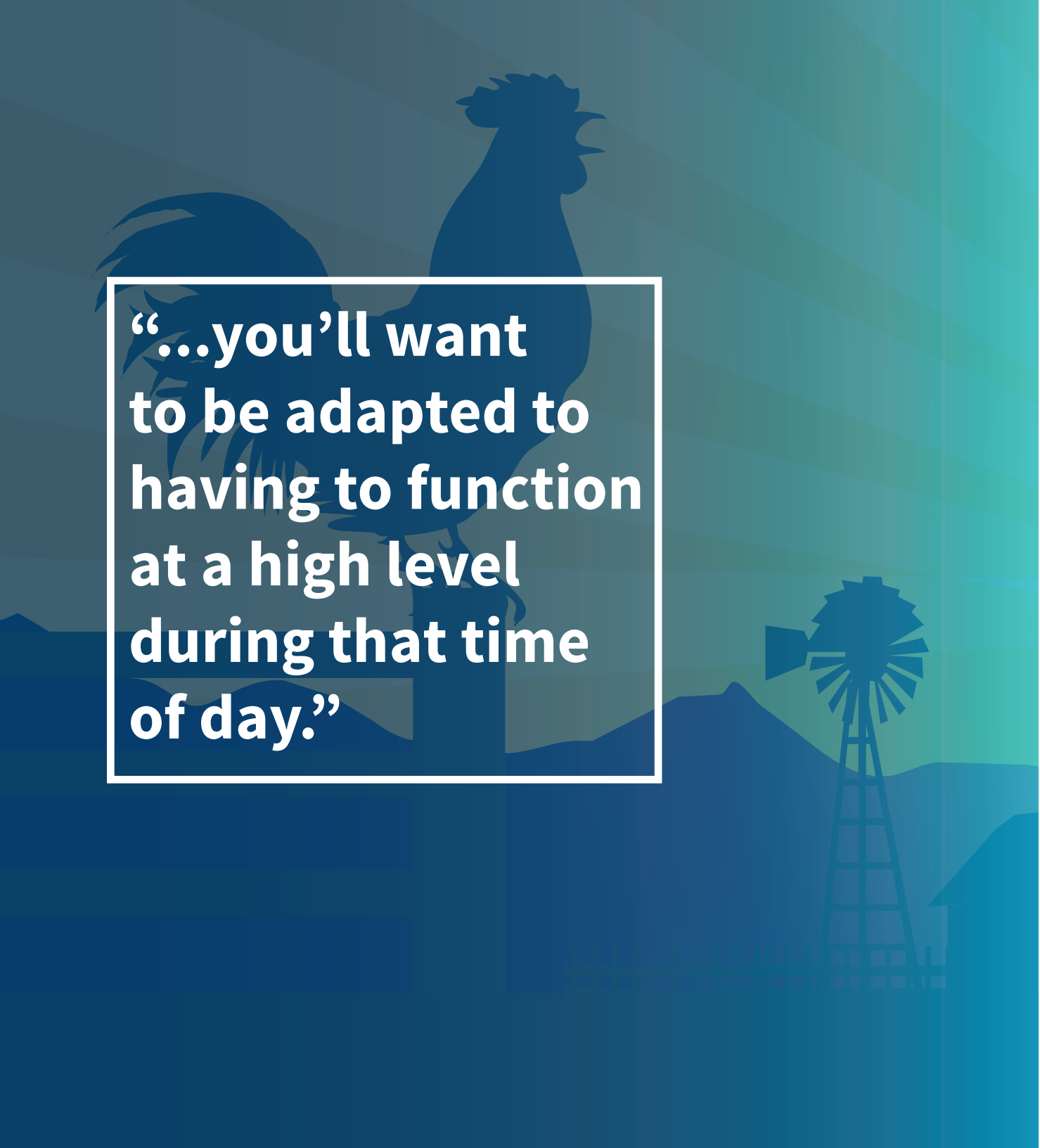
Balanced, brain-friendly meals, regular exercise, 7-8 hours of sleep per night, or **10 minutes of meditation per day** can cause you to reach the tipping point of grasping a crucial concept and thus achieving your full potential on test day.

## IDEAL STUDY SPACES

The defining characteristic of the ideal study space is that it is a place in which you are productive and happy to spend time. It really is just as simple as that and may be an important difference maker in keeping yourself positive and motivated.



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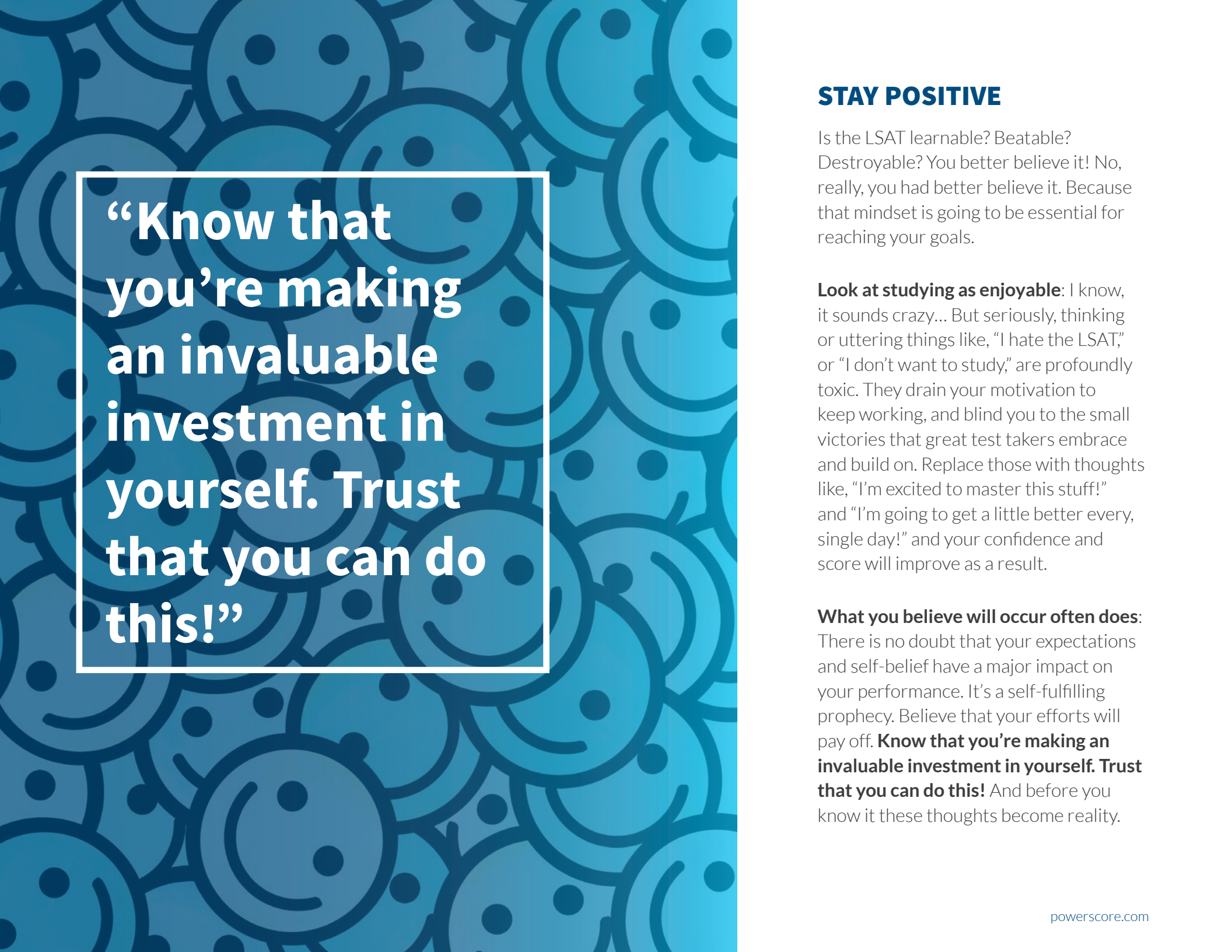


“...you’ll want to be adapted to having to function at a high level during that time of day.”

## ACCLIMATE TO TEST DAY

We would be remiss if we didn’t mention the benefits of becoming a morning person—at least through test day—if you aren’t already. **Most LSAT administrations require you to report to your test center by 8:30 a.m. local time, so you’ll want to be adapted to having to function at a high level during that time of day.** If possible, take your last several practice tests at the same start time as a for-the-record LSAT.

Which leads directly to the next tip: familiarize yourself with the test center rules and procedures and duplicate that environment when studying (especially when taking practice tests). For example, one important rule is that use of earplugs, headphones, or earbuds is prohibited during the test, so it may be counterproductive to use those while prepping.



**“Know that you’re making an invaluable investment in yourself. Trust that you can do this!”**

## **STAY POSITIVE**

Is the LSAT learnable? Beatable? Destroyable? You better believe it! No, really, you had better believe it. Because that mindset is going to be essential for reaching your goals.

**Look at studying as enjoyable:** I know, it sounds crazy... But seriously, thinking or uttering things like, “I hate the LSAT,” or “I don’t want to study,” are profoundly toxic. They drain your motivation to keep working, and blind you to the small victories that great test takers embrace and build on. Replace those with thoughts like, “I’m excited to master this stuff!” and “I’m going to get a little better every, single day!” and your confidence and score will improve as a result.

**What you believe will occur often does:** There is no doubt that your expectations and self-belief have a major impact on your performance. It’s a self-fulfilling prophecy. Believe that your efforts will pay off. **Know that you’re making an invaluable investment in yourself. Trust that you can do this!** And before you know it these thoughts become reality.



## REMEMBER WHY YOU STARTED

It's been a true honor and privilege to learn the extraordinary reasons our students have for pursuing law degrees. Often, it's because they want to help people. They want to make a difference in the world. **Whatever your reason is, remember it—everyday.** It'll help you stay driven to do your best and remind you why this is worth it.

It's no accident that you've chosen to go to law school, or that you're reading this right now.

**You will do great things. And we're here to help.**



**“Whatever your reason is, remember it—everyday.”**

**Now you're ready to start your LSAT prep!**

**Visit [powerscore.com](https://powerscore.com) to find the best prep option for you.**



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