

# AMERIBRIGHTS

## 10 ADHD-FRIENDLY BAR PREP STRATEGIES (THAT ACTUALLY WORK)



TO LEARN MORE CHECK OUT OUR LATEST [BLOG POST ON HOW TO PREPARE FOR THE BAR EXAM WITH ADHD. ALSO, CHECK OUT EXPERT STRATEGIES FOR BAR EXAM SUCCESS WITH ADHD OR ADD](#)

# BUILD DAILY ROUTINES

## TIP 1

**START YOUR DAY WITH A REPEATABLE ROUTINE — SAME WAKE-UP TIME, SAME “LAUNCH TASK”  
(EX: 1 FLASHCARD REVIEW + TEA)**

## TIP 2

**USE A DAILY PLANNER, STICKY NOTE, OR WHITEBOARD TO LAY OUT TOP PRIORITIES IN ORDER OF IMPORTANCE**

## TIP 3

**AUTOMATE YOUR REMINDERS USING PHONE ALERTS, CALENDAR PINGS, OR ALARMS (THE FEWER DECISIONS, THE BETTER)**

## TIP 4

**PICK THE SAME “FIRST STUDY TASK” EACH DAY TO CREATE A PREDICTABLE STARTING POINT**

## TIP 5

**START WITH SOMETHING YOU ACTUALLY ENJOY. DRINK COFFEE FROM YOUR MUG. SMALL COMFORTS CAN CUE YOUR BRAIN THAT IT’S TIME TO SHIFT INTO STUDY MODE**



# START WITH SOMETHING EASY

## TIP 1

**BEGIN WITH A QUICK WIN: START YOUR SESSION WITH A TASK YOU FIND EASY OR ENJOYABLE, LIKE FLASHCARDS OR SUMMARIZING A TOPIC**

## TIP 2

**CREATE A STUDY ROUTINE: BEGIN EACH SESSION WITH THE SAME SIMPLE TASK TO BUILD MOMENTUM**

## TIP 3

**KEEP A GO-TO LIST: MAKE A LIST OF LOW-EFFORT “EASY START” TASKS YOU CAN PICK FROM WHEN YOU’RE STUCK — LIKE OUTLINING 1 HYPO OR REVIEWING 3 RULES**

## TIP 4

**USE VISUAL CUES: KEEP YOUR EASIEST STARTER TASK VISIBLE — A STICKY NOTE ON YOUR DESK OR YOUR OUTLINE OPEN — SO IT’S THE FIRST THING YOU SEE**

## TIP 5

**PREP YOUR FIRST TASK THE NIGHT BEFORE: LEAVE YOUR OUTLINE OPEN, FLASHCARDS ON YOUR DESK, OR A POST-IT WITH YOUR FIRST TASK VISIBLE**



# USE ACTIVE RECALL

## TIP 1

QUIZ YOURSELF WHILE YOU LEARN — NOT JUST AFTER. READ A RULE, THEN COVER IT AND SAY OR WRITE IT FROM MEMORY

## TIP 2

USE Q&A-STYLE MATERIALS THAT MAKE YOU RETRIEVE THE RULE FROM MEMORY. THAT'S WHY WE WRITE OUR AMERIBRIGHTS [GUIDES](#) IN Q&A FORMAT — TO MAKE RECALL AUTOMATIC, NOT PASSIVE.)

## TIP 3

SAY IT OUT LOUD — EVEN TEACHING IT TO YOURSELF HELPS IT STICK

## TIP 4

TURN HYPOS INTO PATTERNS: ASK "WHAT RULE WAS THAT?" INSTEAD OF JUST "DID I GET IT RIGHT?"

## TIP 5

WRITE WITHOUT NOTES: AFTER REVIEWING A RULE OR CONCEPT, CLOSE YOUR MATERIALS AND TRY WRITING IT OUT FROM SCRATCH. THEN CHECK WHAT YOU MISSED





# SPACED REPETITION

## TIP 1

**USE A SYSTEM — ANKI, QUIZLET, OR EVEN A GOOGLE SHEET — TO TRACK WHAT YOU'VE REVIEWED AND WHEN**

## TIP 2

**FOLLOW A REVIEW SCHEDULE:  
DAY 1 → DAY 3 → DAY 7 → WEEKLY**

## TIP 3

**FOCUS ON WHAT'S FADING —  
DON'T RE-REVIEW EVERYTHING**

## TIP 4

**COMBINE IT WITH ACTIVE RECALL —  
DON'T JUST REREAD.  
QUIZ YOURSELF AGAIN EACH TIME**

## TIP 5

**USE REMINDERS OR APPS: SET CALENDAR  
ALERTS OR USE SPACED-REPETITION APPS THAT  
PING YOU WHEN IT'S TIME TO REVIEW — SO YOU  
DON'T HAVE TO REMEMBER TO REMEMBER**



# INCORPORATE MOVEMENT

## TIP 1

**PACE WHILE YOU REVIEW — WALK AROUND  
WITH YOUR FLASHCARDS OR OUTLINE**

## TIP 2

**STAND UP — USE A STANDING DESK OR  
STUDY WHILE STANDING.  
MOVEMENT DOESN'T HAVE TO BE CARDIO —  
JUST DON'T STAY FROZEN**

## TIP 3

**CHANGE LOCATIONS — SWITCH IT UP WHEN  
YOUR BRAIN FEELS STUCK**

## TIP 4

**DANCE BREAKS —  
BLAST A FAVORITE SONG AND MOVE**

## TIP 5

**EXERCISE BREAKS — STEPPER, SQUATS,  
LIGHT WEIGHTS FOR 5-10 MINUTES**



# MUSIC AS MENTAL MOVEMENT

## TIP 1

**CHOOSE THE RIGHT MUSIC: OPT FOR INSTRUMENTAL TRACKS WITH STEADY RHYTHMS, SUCH AS LO-FI BEATS OR CLASSICAL MUSIC**

## TIP 2

**CREATE A STUDY PLAYLIST: CURATE A PLAYLIST THAT SIGNALS YOUR BRAIN IT'S TIME TO FOCUS, HELPING ESTABLISH A ROUTINE**

## TIP 3

**USE MUSIC FOR BREAKS: RE-ENERGIZE WITH UPBEAT TRACKS**

## TIP 4

**USE THE SAME "START SONG" DAILY: PICK ONE TRACK TO PLAY EVERY TIME YOU SIT DOWN TO STUDY. OVER TIME, IT TRAINS YOUR BRAIN: "THIS SONG = TIME TO FOCUS"**

## TIP 5

**SAVE "FOCUS TRACKS" SEPARATELY: BUILD A SHORT PLAYLIST OF ONLY THE SONGS THAT ACTUALLY WORK FOR YOU, SO YOU'RE NOT SKIPPING AROUND OR HUNTING FOR THE RIGHT VIBE**



# EMBRACE FLEXIBILITY IN YOUR SCHEDULE

## TIP 1

**USE TIMERS AND STUDY BLOCKS ONLY IF THEY HELP TODAY. IF NOT, SKIP THEM**

## TIP 2

**LET YOUR ATTENTION GUIDE THE SESSION —  
45 MINUTES ONE DAY, 10 THE NEXT?  
THAT'S FINE. THAT'S NOT INCONSISTENCY —  
THAT'S ADAPTABILITY**

## TIP 3

**DON'T TREAT A SCHEDULE SHIFT AS MESSING  
UP. YOU ADJUSTED. THAT'S PROGRESS, TOO**

## TIP 4

**KEEP "EASY WINS" READY — REVIEW ONE  
FLASHCARD, RECOPY ONE RULE, OR  
REWATCH A SHORT VIDEO. SMALL STEPS STILL  
COUNT**

## TIP 5

**THINK RHYTHM, NOT RIGIDITY - YOU DON'T  
NEED A PERFECT ROUTINE. YOU JUST NEED  
TO KEEP SHOWING UP IN WHATEVER WAY  
WORKS TODAY**





# UTILIZE VISUAL AIDS

## TIP 1

CREATE VISUAL OUTLINES OR MAPS — ARROWS, BOXES, FLOWCHARTS. LOOK AT OUR [MAPS](#) AS AN EXAMPLE (SEE SAMPLE PREVIEW)

## TIP 2

COLOR-CODE BY CATEGORY, DIFFICULTY, OR TOPIC

## TIP 3

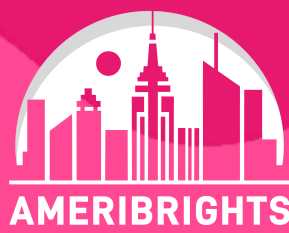
NO COLOR? USE BOLD, UNDERLINING, SYMBOLS ( ! → ), OR SPATIAL SEPARATION TO SHOW PRIORITY OR RELATIONSHIPS

## TIP 4

USE STICKY NOTES IN VISIBLE PLACES FOR EXPOSURE

## TIP 5

CREATE ONE-PAGERS FOR COMPLEX TOPICS



# PRACTICE REAL QUESTIONS & TRACK PROGRESS

## TIP 1

**USE REAL QUESTIONS TO STRUCTURE YOUR SESSION — START WITH A QUESTION, WORK BACKWARD**

## TIP 2

**WRITE, OUTLINE, AND ANNOTATE TO STAY ACTIVELY ENGAGED**

## TIP 3

**SET SPECIFIC, SMALL GOALS: “ANSWER 5 MBE QUESTIONS” INSTEAD OF “STUDY EVIDENCE”**

## TIP 4

**TRACK WINS: USE CHECKBOXES, HABIT TRACKERS, OR A SIMPLE “DONE” LIST**

## TIP 5

**CELEBRATE PROGRESS, NOT PERFECTION — EVEN SHOWING UP COUNTS**



# BE KIND TO YOURSELF

## TIP 1

**ASSESS THE DAY: WHAT WORKED?  
WHAT DIDN'T?**

## TIP 2

**NAME THE WIN: ONE THING YOU DID RIGHT  
STILL COUNTS**

## TIP 3

**PLAN FOR TOMORROW: WHAT'S ONE CHANGE  
YOU'LL MAKE BASED ON WHAT YOU  
LEARNED?**

## TIP 4

**TREAT YO SELF: END OF DAY REWARD (E.G.,  
30 MIN NINTENDO OR  
YOUR FAVORITE TV SHOW)**

## TIP 5

**GIVE YOURSELF CREDIT: YOU SHOWED UP  
TODAY AND GAVE IT YOUR ALL**



# DITCH THE COOKIE-CUTTER BAR PREP

Most bar programs try to push everyone through the same one-size-fits-all system. Lectures, endless outlines, and rigid schedules — no matter how you actually learn.

At Ameribrights, we do things differently. We believe real bar prep should be **built around your learning style** — especially if you're a **visual learner**, need **structure**, or just want someone to **cut the fluff** and show you what matters.

## Explore What's Next

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