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Stanford
MIND & BODY
LAB

ENHANCING BAR EXAM SUCCESS: THE ROLE OF MINDSETS AND WELL-BEING

Kris Evans - CA Bar Exam Committee



BACKGROUND

- Father
- Stanford grad - athlete - PhD candidate
- Coach
- Yogi
- Professional poker



- 1 | Challenges
- 2 | Potential solutions
- 3 | Impact and future

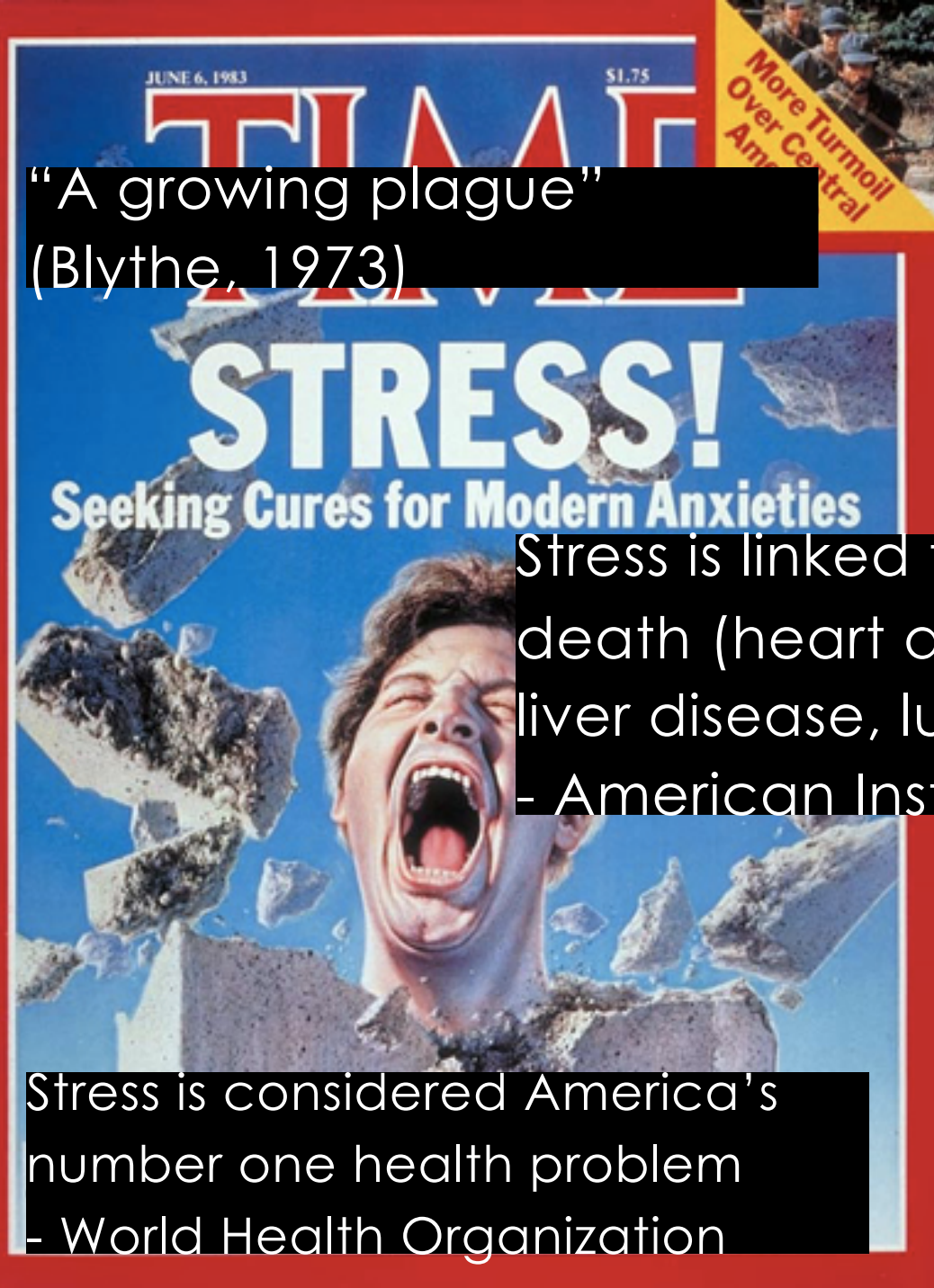


Stress



LAW SCHOOL, THE BAR EXAM AND THE PROFESSION

- Stress
- Anxiety
- Depression
- Loneliness
- Substance Abuse
- Unhealthy behaviors
- Lower well-being



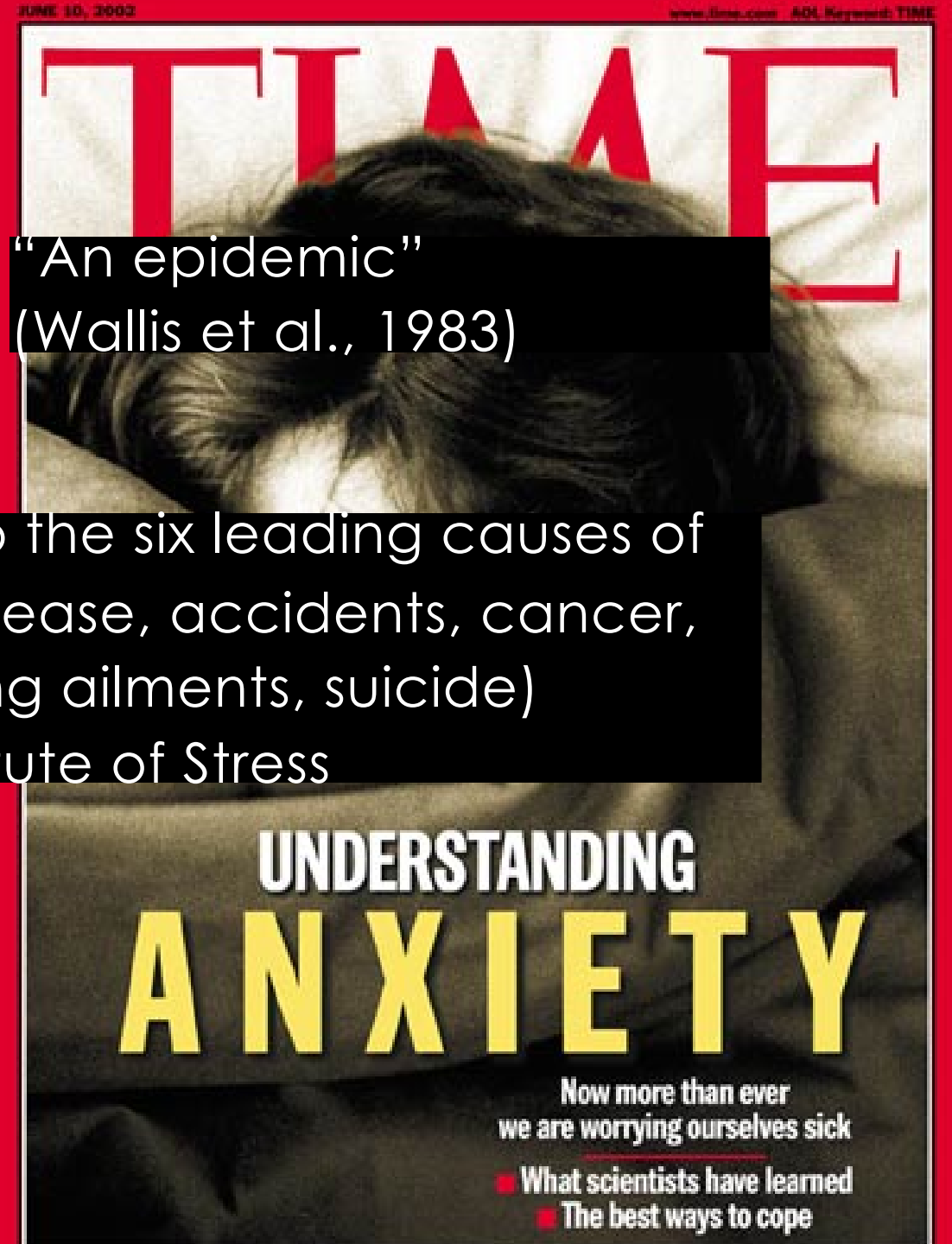
"A growing plague"
(Blythe, 1973)

STRESS!

Seeking Cures for Modern Anxieties

Stress is linked to the six leading causes of death (heart disease, accidents, cancer, liver disease, lung ailments, suicide)
- American Institute of Stress

Stress is considered America's number one health problem
- World Health Organization



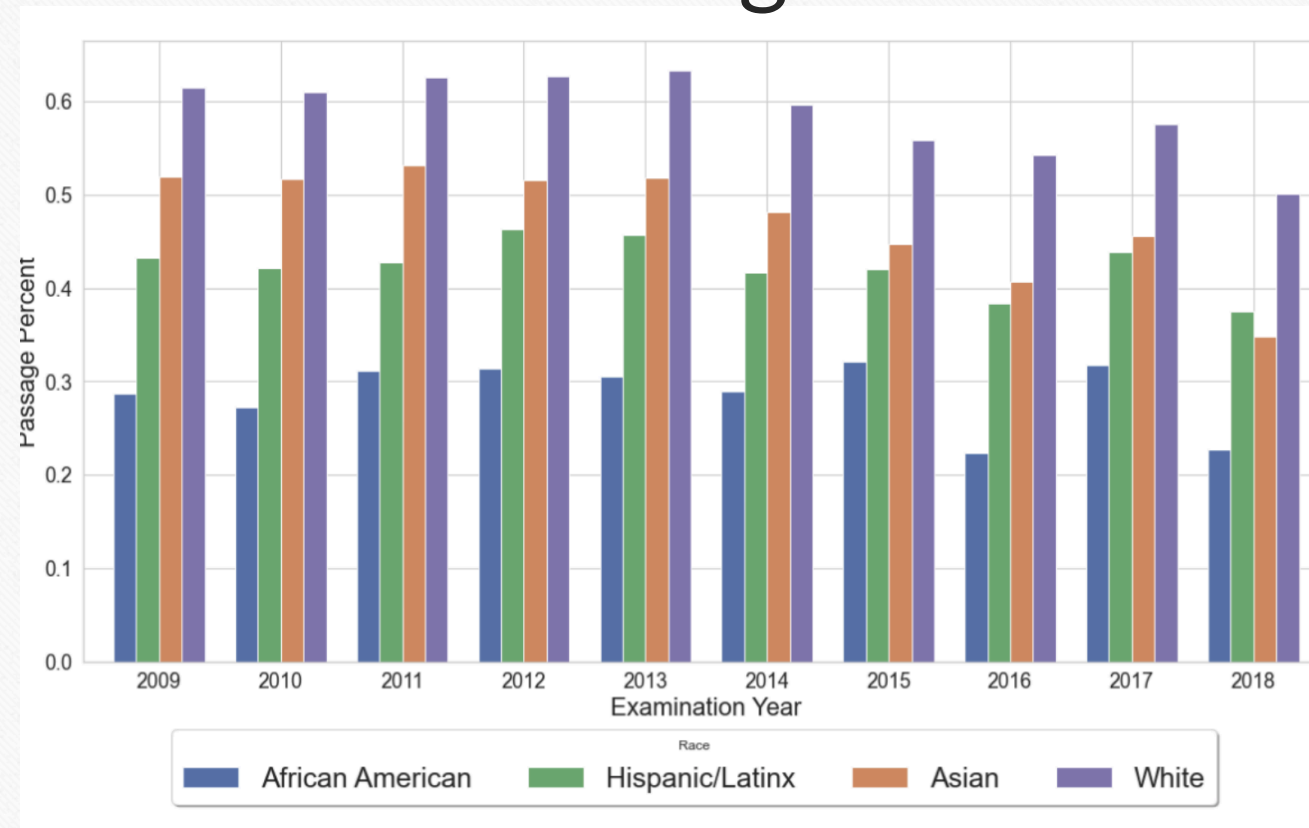
"An epidemic"
(Wallis et al., 1983)

UNDERSTANDING ANXIETY

Now more than ever
we are worrying ourselves sick

- What scientists have learned
- The best ways to cope

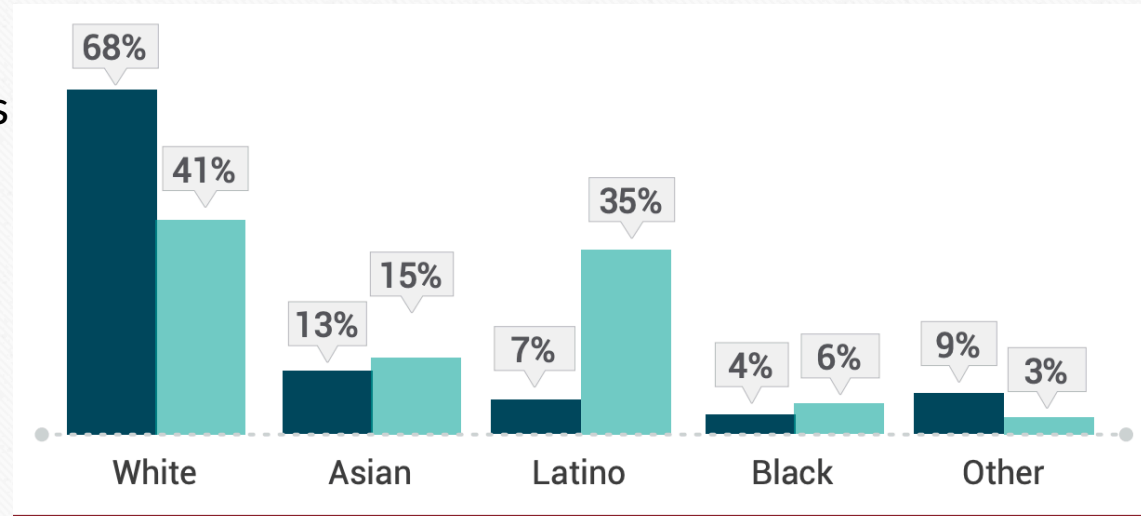
Group-based Disparities in Bar Passage



Winick, Quintanilla, Erman, Chong-Nakatsuchi, & Frisby, 2020

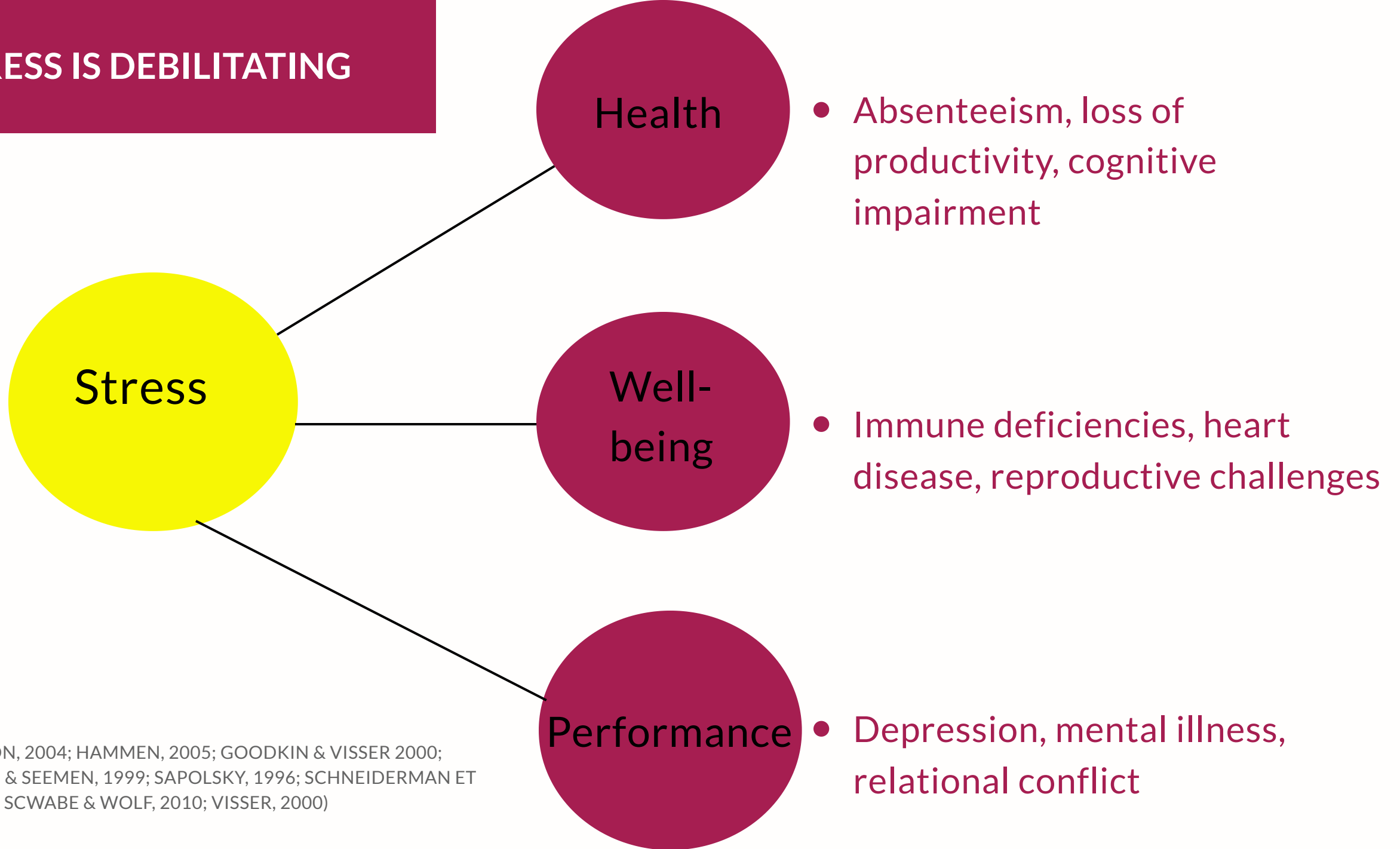
Disparities in the Legal Profession

■ California attorneys
■ California's adult population



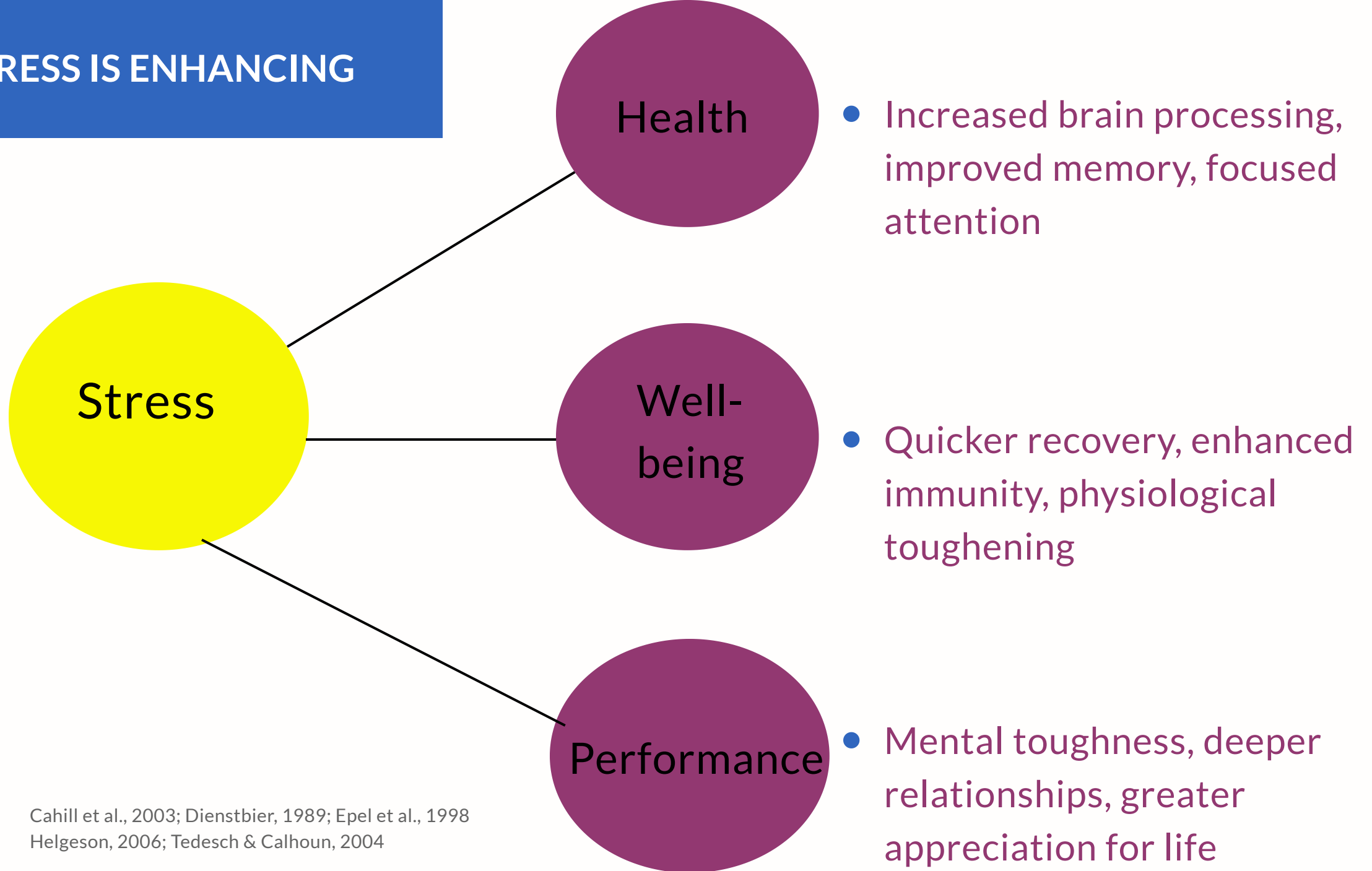
California's legal profession remains approximately two-thirds white, while the state's population is nearly 60 percent people of color. Latinos in particular are underrepresented among attorneys.

STRESS IS DEBILITATING



(ATKINSON, 2004; HAMMEN, 2005; GOODKIN & VISSER 2000; MCEWEN & SEEMEN, 1999; SAPOLSKY, 1996; SCHNEIDERMAN ET AL., 2005; SCWABE & WOLF, 2010; VISSER, 2000)

STRESS IS ENHANCING



WHAT'S THE DISTINGUISHING FACTOR?

Health

Health

Well-being

Well-being

Performance

Performance

Mindset?

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graph TD; H1((Health)) --- M((Mindset?)); W1((Well-being)) --- M; P1((Performance)) --- M; M --- H2((Health)); M --- W2((Well-being)); M --- P2((Performance));
```



What is a mindset?

- Core belief or framework
- Organize information
- Orient to particular associations, expectations, goals, and actions

MINDSETS

Carol Dweck



GROWTH (INTELLIGENCE) MINDSET



Academic Motivation



Mastery learning



Academic Performance

Ali Crum



STRESS MINDSET



Health, Well-being & Performance



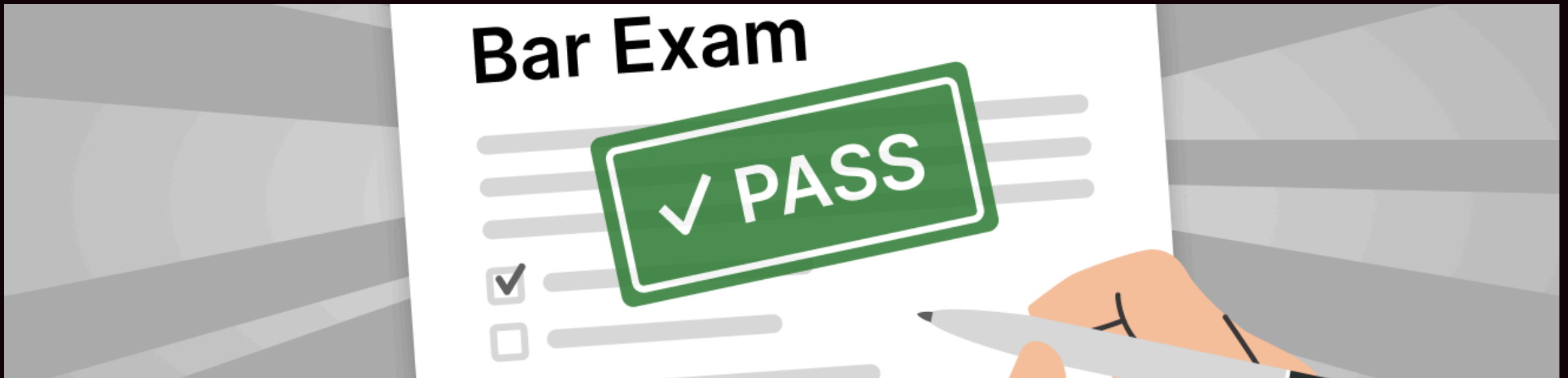
Vitality



Teacher turnover

STRESS MINDSET: A SOLUTION FOR IMPROVED WELL-BEING AND PERFORMANCE

- Greater Bar Exam scores and passing rates





CONTROL

SURVEYS ONLY



MINDSET

STRESS MINDSET INTERVENTION



MINDSET + MIND-BODY TRAINING

**INTERVENTION PLUS HOLISTIC
EVIDENCE-BASED TRAINING**

HOLISTIC MIND-BODY TRAINING

- ↑ Focus
- ↑ Learning and memory
- ↑ Self-regulation
- ↑ Health and Well-Being
- ↑ Cognitive flexibility, processing and performance



STANFORD TEAM

EXPERTS IN CLINICAL, HEALTH, PERFORMANCE AND SOCIAL PSYCHOLOGY



Kris Evans

Health Psychologist



Ali Crum

Psychology Professor



Carol Dweck

Psychology Professor



Chris Brems

Psychiatry Professor

RESEARCH THAT MATTERS: IMPROVING LIVES THROUGH MINDSET AND WELL-BEING



Close achievement gaps



Foster innovative and meaningful research



Support health, well-being and growth of legal professionals

A full-page background image featuring a sharp, snow-covered mountain peak. The sky is a gradient of soft colors, transitioning from a pale blue at the top to a warm, pinkish-orange near the horizon, suggesting a sunrise or sunset. The mountain's ridges are dark and rugged, contrasting with the bright white snow. The overall mood is serene and inspiring.

**TRAINING THE MIND CAN
TRANSFORM OUTCOMES.**