

# AUGUST 2022

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Need <a href="#">Classroom Accommodations?</a> Submit a request by September 9.	2 Who supports you outside of law school? Reach out to show appreciation.	3 Check out the free resources available through <a href="#">Ask EDNA</a> and <a href="#">AccessLex!</a>	4 Determine if you need to enroll in the TAMU Student <a href="#">medical/dental</a> insurance.	5 Check out the <a href="#">Student Wellness Resources</a> page.	6 Be active today - Go on a walk or jog in the morning before it gets hot.	7 Plan meals for the week ahead to save money.
<b>Orientation 8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<a href="#">Setting up the area</a> to work at home helps manage time.	Check out the <a href="#">First Year Law School Glossary</a> by creating a free Ask EDNA account.	Change tech screens to be warmer colors to help with sleep and migraines.	Question about your tuition/payments? Contact <a href="#">Student Business Services</a>	Talk about your schedule and expectations to your household members.	Identify a way of recording tasks/ meetings to manage the semester.	Prepare supplies for classes the night before to be less rushed in the morning.
<b>First Day of Class! 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Make a connection with someone in class or reach out to a friend.	Relax your mind and body before bed with deep breathing exercises.	Graduation application opens for those planning to graduate in December.	<a href="#">The Road to Zero: A Strategic Approach to Student Loan Repayment</a> – 6 PM	Last day to add a course for JD and Fort Worth graduate programs.	Take time to assess how you are feeling now that the semester has started.	Call a loved one today.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Make a calendar for your semester to remember important dates.	<a href="#">Webinar - Paying for Law School</a> – 2 PM CST	Share a quote or reason you are pursuing your degree with friends.	<a href="#">Webinar - AccessLex Champions Information Session</a> – 11:30 AM CST	Last day to elect pass/fail option. The <a href="#">Office of Student Services</a> can help.	Remember to put on sunscreen, even if it's cloudy outside.	Dance it out! Dance to a song that makes you happy.
<b>29</b>	<b>30</b>	<b>31</b>	<h1>STARTING STRONG</h1>			
Timely deadline is 9/1 to apply for February Bar Exam!	Last day to drop a course. The <a href="#">Office of Student Services</a> can help.	<a href="#">Webinar - The Road to Licensure</a> – 4 PM CST				

## EVENTS

- 8/18 - [The Road to Zero: A Strategic Approach to Student Loan Repayment](#) – 6 PM CST
- 8/23 - [Webinar - Paying for Law School](#) – 2 PM CST
- 8/25 - [Webinar - AccessLex Champions Information Session](#) – 11:30 AM CST
- 8/31 - [Webinar - The Road to Licensure](#) – 4 PM CST

## WELLNESS PROGRAM

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Schedule a meeting:  
<https://calendly.com/apawlowski>