

NOVEMBER 2022

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAINTAINING STRENGTH						
	1	2	3	4	5	6
	JD priority registration for 2023		Grad programs priority registration		Feeling overwhelmed? Take a deep breath and step away. Here are easy breathing exercises	Alternate studying for your different classes and/or teach someone else about what you are studying.
	Make flashcards and study them to be prepared for finals!	How the Biden Admin. Student Debt Relief Plan Impacts Law Students – 7 PM	Need a study schedule? Reach out to Academic Support!	Talk with your loved ones about your schedule & workload during this busy time.		
7	8	9	10	11	12	13
Use an extension for your computer or app for your phone to stop distractions and focus.	Reading Day No Classes	Texas Lawyers' Assistance Program provides peer support, crisis counseling, and financial grants.	Check in with yourself – how are you feeling?	Finish your outline by the day after your last class.	Complete practice essays and multiple-choice questions in a timed environment.	Put your phone on Do Not Disturb to avoid distractions.
14	15	16	17	18	19	20
Make sure EBB is up-to-date .	Last day of classes for JD program & Fort Worth graduate programs.	Don't wait to feel motivated to start the project; just start.	How the Biden Admin. Student Debt Relief Plan Impacts Law Students – 11 AM CST	Take a break from studying to walk around the room and look outside.	Tab your outline or book if you are allowed to use it on your exam.	My SSP is a free, confidential, and unlimited counseling service for you!
21	22	23	24	25	26	27
Thanksgiving Break						
Reach out to someone with a supportive message.	Be intentional how you spend your time during break!	Last day of classes for distance education graduate program.	Write down something you are grateful for today.	Study in 3-4 hour study sessions to build up your exam-day stamina.	Switch between studying your outline and practice questions.	Memorize rules, even if your exam is open-book.
28	29	30	EXTRA STUDY TIPS			
Remember to bring your computer charger to your in-person exams.	JD FINAL EXAMS BEGIN You've got this!	When you do a practice essay or multiple-choice question, review the answer afterwards.	When writing practice essays, think about counter-arguments and policy arguments.	Use headings to help organize your essays.	Do not talk about your final exam once you have turned it in. Dissecting the exam will drain you, and who knows what the correct answers are? Wait until you have your grade; then review the exam.	

RESOURCES

TO HELP YOU SUCCEED!

ACADEMIC SUPPORT

John Murphy
Director of Academic Support
Instructional Associate Professor
john.murphy@law.tamu.edu
817-212-3936

Nicole Deutsch
Assistant Director of Academic Support
ndeutsch@law.tamu.edu
817-212-3863

STUDENT SUPPORT

Allison Pawlowski (she/her/hers)
817-212-4111
apawlowski@law.tamu.edu
Schedule a meeting:
<https://calendly.com/apawlowski>