

SEPTEMBER 2022

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FINDING FOCUS			1 ABA Virtual Office Hours: A Simple Investing Approach – 7:30 PM CST	2 JDs - Need an exam accommodation ? 9/9 is the deadline to request! Contact Student Affairs .	3 Figure out a regular sleep schedule to help your concentration during the day.	4 When you accomplish an assignment or reading, give yourself a reward.
			5 Labor Day Take this day to go outside and enjoy the fresh air.	6 Edit/polish your social media presence! Need help? Ask Career Services	7 The Road to Zero: A Strategic Approach to Student Loan Repayment – 2 PM CST	8 How to Benefit from the Public Service Loan Forgiveness Limited Waiver Opportunity – 2 PM CST
12 Limit time on your phone by placing it on Do Not Disturb or setting the display to grayscale.	13 Find someone in your class to study with you or ask questions.	14 Create a playlist featuring calming or instrumental music to study to.	15 Having trouble focusing? Doodling may help you stay attentive and retain more information .	16 Take a walk outside to take a break, clear your mind, and be in the present.	17 To avoid eye strain, use the 20-20-20 rule : Every 20 minutes, look at an object 20 ft away for 20 seconds.	18 Cooking with Dean Ahdieh! 5 PM CST
19 Howdy Week Join in the festivities for the week, and be on the lookout for some giveaways!	20 Don't forget to take breaks! Make sure to stand and stretch for one minute every hour.	21 Write down on a notecard why you are pursuing this career to keep you motivated.	22 Virtual Office Hours: Writing Law School Outlines 1:00 PM CST	23 Last day to apply for December 2022 degree without late fee.	24 Connect with free counselors with My SSP app! App Store or Google Play	25 Make a "To Accomplish" list for things to get done today, this week, this month.
26 Overwhelmed & anxious? Talk with Allison about the approval process to use the Wellness Room.	27 Paying for Law School – 11 AM CST	28 October 1 is the timely deadline to file a Declaration of Intent to Study Law to the Board of Law Examiners!	29 TLAP provides peer support, crisis counseling, and financial help for mental health.	30 Think about everything you have accomplished this month to remind yourself that you are successful.		

EVENTS

- 9/1 - [ABA Virtual Office Hours: A Simple Investing Approach](#) – 7:30 PM CST
- 9/7 - [The Road to Zero: A Strategic Approach to Student Loan Repayment](#) – 2 PM CST
- 9/8 - [How to Benefit from the Public Service Loan Forgiveness Limited Waiver Opportunity](#) – 2 PM CST
- 9/10 - DAYL Freedom Run 5K Race – 7:30 AM | Trinity Groves, Dallas, TX
- 9/18 - [Cooking with Dean Ahdieh](#) – 5 PM CST
- 9/22 - [Virtual Office Hours: Writing Law School Outlines](#) – 1 PM CST
- 9/27 - [Paying for Law School](#) – 11 AM CST

WELLNESS PROGRAM

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