

# AUGUST 2023

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Need <a href="#">Classroom Accommodations?</a> Reach out to <a href="#">Allison Pawlowski</a> .	2 <a href="#">Webinar - The Road to Licensure – 11 AM</a>	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 Who supports you outside of law school? Reach out to show appreciation.	6 Plan meals for the week ahead to save money.
<b>Orientation 7</b>	8	9	10	11	12	13
<a href="#">Setting up the area</a> to work at home helps manage time.	<a href="#">Webinar – Your Public Service Loan Forgiveness Action Plan – 1 PM</a>	Change tech screens to warmer colors to help with sleep and migraines.	Check out the <a href="#">First Year Law School Glossary</a> by creating a free Ask EDNA account.	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!14</b>	15	16	17	18	19	20
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 applications open for those planning to graduate in December.	Question about your tuition/payments? Contact <a href="#">Student Business Services</a>	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.
21	22	23	24	25	26	27
Make a calendar for your semester to remember important dates.	<a href="#">Telus Health Student Support</a> is a 24/7 confidential counseling service available	<a href="#">Ramping up to Repayment as the Federal Student Loan Payment Pause Ends – 11 AM</a>	Share a quote or reason you are pursuing your degree with friends.	Last day to elect pass/fail option. The <a href="#">Office of Student Services</a> can help.	Be active today - Go on a walk or jog in the morning before it gets hot.	Dance it out! Dance to a song that makes you happy.
28	29	30	31	<b>STARTING STRONG</b>		
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.	Remember to put on sunscreen, even if it's cloudy outside.	Check out the <a href="#">Student Wellness Resources</a> page.			

## EVENTS

- 8/2 - [Webinar - The Road to Licensure – 11 AM CST](#)
- 8/8 - [Webinar – Your Public Service Loan Forgiveness Action Plan – 1 PM CST](#)
- 8/23 – [Webinar - Ramping up to Repayment as the Federal Student Loan Payment Pause Ends – 11 AM CST](#)

More events can be found here: <https://www.accesslex.org/student-events>

## STUDENT SUPPORT

Allison Pawlowski (she/her/hers)  
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[apawlowski@law.tamu.edu](mailto:apawlowski@law.tamu.edu)  
Schedule a meeting:  
<https://calendly.com/apawlowski>