

FEBRUARY 2023

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>VALUING ONESELF</h1>				CHALLENGE: In each blank square below write a compliment, something you admire about yourself, or an accomplishment of the day. Focus on how great you are!		
		1 Need exam accommodations? Reach out to Student Affairs .	2 My SSP is a free counseling service for TAMU Law students.	3	4 REFLECT: Why do you deserve to be happy?	5 REFLECT: What is your favorite thing to do to treat yourself?
6 REFLECT: When do you feel most confident?	7 Webinar: The Road to Zero: A Strategic Approach to Student Loan Repayment – 11 AM CST	8	9 Webinar: The Road to Licensure 7 PM CST	10 REFLECT: What can you do differently this semester to improve academically?	11 REFLECT: What are three things you like about your appearance?	12
13 REFLECT: How would your best friend describe you?	14 Webinar: How the Student Debt Relief Plan Impacts Law Students – 2 PM CST	15 Webinar: Paying for Law School 7 PM CST	16 REFLECT: You are happiest when...	17 Last day to apply for May degree without a late fee.	18	19 Give yourself permission to be imperfect.
20	21 Webinar: Building Your Law School Budget 5 PM CST	22 TLAP provides peer support & crisis counseling. Call 800-343-8527	23 REFLECT: What is your favorite thing about your personality?	24	25 Practice self-compassion: talk to yourself like you would a friend.	26 REFLECT: What is a big (or small) accomplishment you achieved?
27 Remember – it's ok to reach out to others for support.	28	EVENTS 2/7 – Road to Zero: Strategic Approach to Student Loan Repayment – 11 AM CST 2/9 - Road to Licensure - 7 PM CST 2/14 – How the Student Debt Relief Plan Impacts Law Students – 2 PM CST 2/15 – Paying for Law School – 7 PM CST 2/21 – Building Your Law School Budget – 5 PM CST		STUDENT SUPPORT PROGRAM Allison Pawlowski (<i>she/her/hers</i>) 817-212-4111 apawlowski@law.tamu.edu Schedule a meeting: https://calendly.com/apawlowski		