

# NOVEMBER 2023

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MAINTAINING STRENGTH</b>						
		1	2	3	4	5
	<b>JD priority registration for 2023</b>	<b>Grad programs priority registration</b>				
	Review the answers after you finish a practice essay or multiple-choice question.	Make flashcards and study them to be prepared for finals!	Need a study schedule? Reach out to <a href="#">Academic Support!</a>	Talk with your loved ones about your schedule & workload during this busy time.	Feeling overwhelmed? Take a deep breath and step away. <a href="#">Here are easy breathing exercises to help.</a>	<a href="#">Alternate studying for your different classes</a> and/or teach someone else about what you are studying.
6	7	8	9	10	11	12
Use an <a href="#">extension for your computer</a> or <a href="#">app for your phone</a> to stop distractions and focus.	<b>Reading Day</b> No Classes	<a href="#">Texas Lawyers' Assistance Program</a> 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.
13	14	15	16	17	18	19
<a href="#">Stress-Less: Finals Wellness Event</a> 12 – 1 PM in the Lecture Hall	<b>Last day of classes for JD program &amp; Fort Worth graduate programs.</b>	Don't wait to feel motivated to start the project; just start.	<a href="#">Webinar: Paying for Law School</a> – 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.	<a href="#">Telus Health</a> is a free, confidential, and unlimited counseling service!
20	21	22	<b>Thanksgiving 23</b>	24	25	26
<b>Thanksgiving Break</b>						
Reach out to someone with a supportive message.	Be intentional about how you spend your time during break!	<b>Last day of classes for distance education graduate program.</b>	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.
27	28	29	30	<b>EXTRA STUDY TIPS</b>		
Remember to bring your computer charger to your in-person exams. Make sure <a href="#">EBB is up-to-date.</a>	<b>JD FINAL EXAMS BEGIN</b>	<b>DISTANCE ED. FINAL EXAMS BEGIN</b>	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](mailto:john.murphy@law.tamu.edu)  
817-212-3936

Nicole Deutsch  
Assistant Director of Academic Support  
[ndeutsch@law.tamu.edu](mailto:ndeutsch@law.tamu.edu)  
817-212-3863

### STUDENT SUPPORT

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