## NOVEMBER 2023

WELLNESS CALENDAR						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ν	ΛΑΙΝ	TAIN	ING S	STRE	NGTH	1
		1	2	3	4	5
	JD priority registra	tion for 2023	Grad programs pri	ority registration	Feeling	Alternate studying
	Review the answers	Make flashcards and	Need a study	Talk with your loved	overwhelmed? Take	for your different
	after you finish a	study them to be	schedule? Reach	ones about your	a deep breath and step away. <u>Here are</u>	classes_and/or teach someone
	practice essay or multiple-choice	prepared for finals!	out to <u>Academic</u> Support!	schedule & workload during this busy time.	easy breathing	else about what
	question.		<u>3000011:</u>		exercises to help.	you are studying.
6	7	8	9	10	11	12
Use an <u>extension for</u>	Reading Day	Texas Lawyers'	Check-in with	Finish your outline by	Complete practice	Put your phone on
<u>your computer</u> or	No Classes	Assistance Program	yourself – how are	the day after your	essays and multiple-	Do Not Disturb to
app for your phone to stop distractions		provides peer support, crisis	you feeling?	last class.	choice questions in a timed environment.	avoid distractions.
and focus.		counseling, and			limed environment.	
and recest						
		financial grants.				
13	14	financial grants.	16	17	18	19
Stress-Less: Finals	Last day of classes	15 Don't wait to feel	Webinar: <u>Paying for</u>	Take a break from	Tab your outline or	<u>Telus Health</u> is a
Stress-Less: Finals Wellness Event	Last day of classes for JD program & Fort	15 Don't wait to feel motivated to start	Webinar: <u>Paying for</u> <u>Law School –</u> 11 AM	Take a break from studying to walk	Tab your outline or book if you are	<u>Telus Health</u> is a free, confidential,
<u>Stress-Less: Finals</u> <u>Wellness Event</u> 12 – 1 PM in the	Last day of classes for JD program & Fort Worth graduate	15 Don't wait to feel	Webinar: <u>Paying for</u>	Take a break from studying to walk around the room and	Tab your outline or book if you are allowed to use it on	Telus Health is a free, confidential, and unlimited
<u>Stress-Less: Finals</u> <u>Wellness Event</u>	Last day of classes for JD program & Fort	15 Don't wait to feel motivated to start	Webinar: <u>Paying for</u> <u>Law School –</u> 11 AM	Take a break from studying to walk	Tab your outline or book if you are	<u>Telus Health</u> is a free, confidential,
<u>Stress-Less: Finals</u> <u>Wellness Event</u> 12 – 1 PM in the Lecture Hall	Last day of classes for JD program & Fort Worth graduate programs. 21	15 Don't wait to feel motivated to start the project; just start.	Webinar: <u>Paying for</u> <u>Law School</u> -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.	<u>Telus Health</u> is a free, confidential, and unlimited counseling service!
Stress-Less: Finals Wellness Event12 – 1 PM in the Lecture Hall20Thanksgiving Bre Reach out to	Last day of classes for JD program & Fort Worth graduate programs. 21 e a k Be intentional about	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes	Webinar: Paying for Law School – 11 AM CST Thanksgiving 23 Write down	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between	Telus Health is a   free, confidential,   and unlimited   counseling service!   26   Memorize rules,
Stress-Less: Finals   Wellness Event   12 – 1 PM in the   Lecture Hall   20   Thanksgiving Bree   Reach out to   someone with a	Last day of classes for JD program & Fort Worth graduate programs. 21 a k Be intentional about how you spend your	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance	Webinar: Paying for Law School – 11 AM CST Thanksgiving 23 Write down something you are	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour study sessions to build	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline	Telus Healthis a free, confidential, and unlimited counseling service!26Memorize rules, even if your exam is
Stress-Less: Finals Wellness Event12 – 1 PM in the Lecture Hall20Thanksgiving Bre Reach out to	Last day of classes for JD program & Fort Worth graduate programs. 21 e a k Be intentional about	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance education graduate	Webinar: Paying for Law School – 11 AM CST Thanksgiving 23 Write down	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline and practice	Telus Health is a   free, confidential,   and unlimited   counseling service!   26   Memorize rules,
Stress-Less: Finals   Wellness Event   12 – 1 PM in the   Lecture Hall   20   Thanksgiving Bree   Reach out to   someone with a	Last day of classes for JD program & Fort Worth graduate programs. 21 e a k Be intentional about how you spend your time during break!	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance education graduate program.	Webinar: Paying for Law School – 11 AM CST Thanksgiving 23 Write down something you are	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour study sessions to build up your exam-day stamina.	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline and practice questions.	Telus Healthis a free, confidential, and unlimited counseling service!26Memorize rules, even if your exam is
Stress-Less: Finals Wellness Event 12 – 1 PM in the Lecture Hall 20 Thanksgiving Bre Reach out to someone with a supportive message.	Last day of classes for JD program & Fort Worth graduate programs. 21 a k Be intentional about how you spend your	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance education graduate	Webinar: Paying for Law School - 11 AM CST Thanksgiving 23 Write down something you are grateful for today. 30 When writing practice essays,	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour study sessions to build up your exam-day	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline and practice questions. S Do not talk about your have turned it in. Disse	Telus Health is a   free, confidential,   and unlimited   counseling service!   26   Memorize rules,   even if your exam is   open-book.
Stress-Less: Finals Wellness Event12 – 1 PM in the Lecture Hall20Thanksgiving Broke Reach out to someone with a supportive message.27Remember to bring your computer charger to your in-	Last day of classes for JD program & Fort Worth graduate programs. 21 e a k Be intentional about how you spend your time during break! 28 JD FINAL EXAMS	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance education graduate program. 29 DISTANCE ED.	Webinar: Paying for Law School - 11 AM CST Thanksgiving 23 Write down something you are grateful for today. 30 When writing practice essays, think about counter-	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour study sessions to build up your exam-day stamina. EXTRA STUDY TIPS Use headings to help	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline and practice questions. S Do not talk about your have turned it in. Disse drain you, and who kn	Telus Health is a free, confidential, and unlimited counseling service!2626Memorize rules, even if your exam is open-book.final exam once you cting the exam will ows what the correct
Stress-Less: Finals Wellness Event12 – 1 PM in the Lecture Hall20Thanksgiving BrokeReach out to someone with a supportive message.27Remember to bring your computer charger to your in- person exams. Make	Last day of classes for JD program & Fort Worth graduate programs. 21 e a k Be intentional about how you spend your time during break! 28	15 Don't wait to feel motivated to start the project; just start. 22 Last day of classes for distance education graduate program. 29 DISTANCE ED. FINAL EXAMS	Webinar: Paying for Law School - 11 AM CST Thanksgiving 23 Write down something you are grateful for today. 30 When writing practice essays, think about counter- arguments and	Take a break from studying to walk around the room and look outside. 24 Study in 3-4 hour study sessions to build up your exam-day stamina. EXTRA STUDY TIPS Use headings to help	Tab your outline or book if you are allowed to use it on your exam. 25 Switch between studying your outline and practice questions. S Do not talk about your have turned it in. Disse drain you, and who kn answers are? Wait unti	Telus Health is a free, confidential, and unlimited counseling service!26Memorize rules, even if your exam is open-book.final exam once you cting the exam will ows what the correct l you have your
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RESOURCES

TO HELP YOU SUCCEED!

## ACADEMIC SUPPORT

John Murphy Nicole Deutsch Director of Academic Support Assistant Director of Instructional Associate Professor john.murphy@law.tamu.edu 817-212-3936 817-212-3863

## **STUDENT SUPPORT**

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