

SEPTEMBER 2023

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>FINDING FOCUS</h1>				1 JDs - Need an exam accommodation ? 9/8 is the deadline to request! Contact Student Affairs .	2 Figure out a regular sleep schedule to help your concentration during the day.	3 When you accomplish an assignment or reading, give yourself a reward.
				4 Labor Day 4 Take this day to go outside and enjoy the fresh air.	5 Edit/polish your social media presence! Need help? Ask Career Services	6 The Road to Zero – A Strategic Approach to Student Loan Repayment – 11 AM
11 Limit time on your phone by placing it on Do Not Disturb or setting the display to grayscale.	12 Find someone in your class to study with you or ask questions.	13 Create a playlist featuring calming or instrumental music to study to.	14 Having trouble focusing? Doodling may help you stay attentive and retain more information .	15 Take a walk outside to take a break, clear your mind, and be in the present.	16 ENRG is hosting a community service event – an excellent opportunity to get outside! 8 – 10 AM	17 Call a loved one today and let them know you appreciate them.
18 Overwhelmed & anxious? Use the request form for approval to use the Wellness Room .	19 Ramping Up to Repayment as Federal Student Loan Pause Ends – 7:30 PM CST	20 Write down why you are pursuing this career on a notecard to keep you motivated.	21 Don't forget to take breaks! Make sure to stand and stretch for one minute every hour.	22 Last day to apply for December 2023 degree without late fee.	23 Connect with free counselors with Telus Health Student Support app! App Store or Google Play	24 Make a "To Accomplish" list for things to get done today, this week, this month.
25 Howdy Week 25 Join in the festivities for the week, and be on the lookout for some giveaways!	26 TLAP provides peer support, crisis counseling, and financial help for mental health.	27 Building Your Law School Budget – 3 PM CST	28 Your Law School Investment – 5 PM CST	29 Think about everything you have accomplished this month to remind yourself that you are successful.	30 October 1 is the timely deadline to file a Declaration of Intent to Study Law to the Board of Law Examiners!	

EVENTS

- 9/6 - [The Road to Zero – A Strategic Approach to Student Loan Repayment](#) – 11 AM CST
- 9/7 - [An Intro to Personal Finance for First-Generation Students](#) – 3 PM CST
- 9/16 - [ENRG Trash Bash River Cleanup](#) – 8 AM – 10 AM CST
- 9/19 - [Ramping Up to Repayment as Federal Student Loan Pause Ends](#) – 7:30 PM CST
- 9/27 - [Building Your Law School Budget](#) – 3 PM CST
- 9/28 - [Your Law School Investment](#) – 5 PM CST

STUDENT SUPPORT

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