

APRIL 2024

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Stay safe and healthy to get ready for finals!	2 Webinar; The Road to Zero: A Strategic Approach to Student Loan Repayment – 7 PM	3 Switch between studying your outline and doing practice questions.	4 Talk with your loved ones about your schedule and workload during this busy time.	5 Study in 3-4 hour study sessions to build up your exam-day stamina.	6 Need financial help to receive mental health support? Talk with Allison about resources.	7 Check out how mindfulness is a tactic for being successful in the legal industry.
8 Reach out to someone with a supportive message.	9 Breathe & do your best.	10 Need help creating a study routine? Academic Support is here to help!	11 For practice essays or multiple-choice questions, review the answer afterward.	12 TLAP provides peer support & crisis counseling. Call or text: 800-343-8527	13 Get enough sleep & eat healthy meals.	14 Take a break from studying to walk around the room and look outside.
15 Last Day of spring classes for Fort Worth programs	16 Telus Health is a free counseling service for TAMU Law students.	17 Evaluate how you are feeling (emotionally, and physically).	18 Start networking after your 1st year! Work with Career Services on your profile.	19 Memorize rules, even if your exam is open-book.	20 Write down something you are grateful for.	21 Last day of classes for MLS & LLM distance education programs
JD Finals Begin 22	23	24	25	26	27	28
Remember to bring your computer charger to your in-person exams.	Use headings to help organize your essays.	Webinar: Your Public Service Loan Forgiveness Action Plan – 5 PM	What is deep breathing? Here is a video of what it is and how to deep breathe!	Do some gentle stretches whether sitting down or standing up.	Update your LinkedIn profile so potential employers can learn about your achievements.	Remember to reach out to your support system during stressful times.
29 You are almost done with the semester, keep pushing!	30 Webinar: Your Law School Investment – 11 AM	<h1>PREPARING FOR THE FUTURE</h1>				

EVENTS

- [4/2 - Webinar; The Road to Zero: A Strategic Approach to Student Loan Repayment – 7 PM](#)
- [4/24 - Webinar: Your Public Service Loan Forgiveness Action Plan – 5 PM](#)
- [4/30 - Webinar: Your Law School Investment – 11 AM](#)

STUDENT SUPPORT

Allison Pawlowski([she/her/hers](#))
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Schedule a meeting:
<https://calendly.com/apawlowski>