

# AUGUST 2024

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STARTING STRONG</b>			1 Need <u>Classroom Accommodations?</u> Reach out to Allison <u>Elsbernd</u> .	2 Check out the free resources with <u>Ask EDNA</u> and <u>AccessLex!</u>	3 Enroll in the TAMU Student <u>medical/dental</u> insurance if needed.	4 Plan meals for the week ahead to save money.
5 <u>Setting up the area</u> to work at home helps manage time.	6 Remember to put on sunscreen, even if it's cloudy outside.	7 Change tech screens to warmer colors to help with sleep and migraines.	8 Check out the <u>First Year Law School Glossary</u> by creating a free Ask EDNA account.	9 Talk about your schedule and expectations to your household members.	10 Identify a way of recording tasks/meetings to manage the semester.	11 Prepare supplies for classes the night before to be less rushed in the morning.
<b>Orientation 12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Graduation applications open for those planning to graduate in December.	<u>Webinar: Paying for Law School – 2 PM</u>	Make a connection with someone in class or reach out to a friend.	Question about your tuition/payments? Contact <u>Student Business Services</u>	Check out the <u>Student Wellness Resources</u> page.	Make sure to check if any reading is required before the first day.	Call a loved one today.
<b>First day of class! 19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Make a calendar for your semester to remember important dates.	<u>Telus Health Student Support</u> is a 24/7 confidential counseling service available	Who supports you outside of law school? Reach out to show appreciation.	Share a quote or reason you are pursuing your degree with friends.	Last day to add a course for JD and Fort Worth graduate programs.	Be active today - Go on a walk or jog in the morning before it gets hot.	Dance it out! Dance to a song that makes you happy.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Timely deadline is 9/1 to apply for February Bar Exam!	Relax your mind and body before bed with deep breathing exercises.	ABA Law Student Division has a <u>podcast</u> you can check out!	<u>Webinar: An Intro to Personal Finance for First-Gen Students – 11 AM</u>	Last day to elect pass/fail option. The <u>Office of Student Services</u> can help.	Take time to assess how you are feeling now that the semester has started.	

## EVENTS

- 8/13 - Webinar: Paying for Law School – 2 PM
- 8/29 - Webinar: An Intro to Personal Finance for First-Gen Students – 11 AM

More events can be found here: <https://www.accesslex.org/student-events>

## STUDENT SUPPORT

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