

FEBRUARY 2024

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>VALUING ONESELF</h1>			CHALLENGE: In each blank square below write a compliment, something you admire about yourself, or an accomplishment of the day. Focus on how great you are!			
			1 Telus Health is a free counseling service for TAMU Law students.	2 Need exam accommodations? Reach out to Student Affairs .	3 REFLECT: Why do you deserve to be happy?	4 REFLECT: What is your favorite thing to do to treat yourself?
5 REFLECT: When do you feel most confident?	6 Webinar – The Multistate Professional Responsibility Exam 7 PM CST	7	8 REFLECT: What can you do differently this semester to improve academically?	9	10 REFLECT: What are three things you like about your appearance?	11
12 REFLECT: How would your best friend describe you?	13	14 REFLECT: You are happiest when...	15 Webinar – Paying for Law School 7 PM CST	16 Last day to apply for May degree without a late fee.	17	18 Give yourself permission to be imperfect.
19 REFLECT: What is your favorite thing about your personality?	20	21 TLAP provides peer support & crisis counseling. Call 800-343-8527	22 Webinar – Your Public Service Loan Forgiveness Action Plan 3 PM CST	23	24 Practice self-compassion: talk to yourself like you would a friend.	25 REFLECT: What is a big (or small) accomplishment you achieved?
27	28 Remember – it's ok to reach out to others for support.	29	<u>New partnership with the Y!</u> The Y in downtown Fort Worth has a discounted membership price for students, faculty and staff of TAMU law school! Just show your TAMU ID to receive the 20% off discount.		STUDENT SUPPORT PROGRAM Allison Pawlowski (<i>she/her/hers</i>) 817-212-4111 apawlowski@law.tamu.edu Schedule a meeting: https://calendly.com/apawlowski	