

NOVEMBER 2021

WELLNESS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|---|---|
| MAINTAINING STRENGTH | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Priority registration for winter 2022 and spring 2022 | | | Create a study schedule and stick to it. Need a study schedule? Reach out to Academic Support! | Talk with your loved ones about your schedule and workload during this busy time. | Feeling overwhelmed? Take a deep breath and step away. Here are easy breathing exercises to help. | Connect with free counselors through the Student Assistance Program (SAP) at 1-855-270-3349 (TTY: 711). |
| Wake up and go to bed at the same time every day. | Make flashcards and study them to be prepared for finals! | Don't wait to feel motivated to start the project; just start. | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Use an extension for your computer or app for your phone to stop distractions and focus. | Alternate studying for your different classes and/or teach someone else about what you are studying. | Texas Lawyers' Assistance Program provides peer support, crisis counseling, and financial grants. | ABA Office Hours: How to Excel on Law School Exams 1 PM CST | Finish your outline by the day after your last class. | Complete practice essays and multiple-choice questions in a timed environment. | Cooking with Prof. Casado Perez Learn to make Tortilla de Patatas! 5 – 6 PM CST |
| | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Last day of classes for JD program & Fort Worth graduate programs. | Make sure EBB is up-to-date. | ABA Webinar: Failing with Grace: Choosing Resiliency 12 PM CST | Last day of classes for San Antonio M.Jur. program. | 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. | Last day of classes for distance education graduate program. |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Thanksgiving Break | | | | | | |
| Reach out to someone with a supportive message. | Be intentional how you spend your time during break! | Put your phone on Do Not Disturb to avoid distractions. | Write down something you are grateful for today. | Study in 3-4 hour study sessions to build up your exam-day stamina. | Switch between studying your outline and practice questions. | Memorize rules, even if your exam is open-book. |
| 29 | 30 | EXTRA STUDY TIPS | | | | |
| Remember to bring your computer charger to your in-person exams. | JD FINAL EXAMS BEGIN You've got this! | When you do a practice essay or multiple-choice question, review the answer afterwards. | When writing practice essays, think about counter-arguments and policy arguments. | Use headings to help organize your essays. | Do not talk about your final exam once you have turned it in. Dissecting the exam will drain you, and who knows what the correct answers are? Wait until you have your grade; then review the exam. | |

RESOURCES

TO HELP YOU SUCCEED!

ACADEMIC SUPPORT

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

Nicole Deutsch
Assistant Director of Academic Support
ndeutsch@law.tamu.edu
817-212-3863

WELLNESS PROGRAM

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