

# SEPTEMBER 2021

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
 <b>TEXAS A&amp;M UNIVERSITY SCHOOL OF LAW</b>		1 Taking the Bar in February? <a href="#">File your application!</a>	Event 2 Join <a href="#">Vigor Active!</a> Learn stretches that help you stay focused! Time: 12 – 1 PM	3 JDs - Need an <a href="#">exam accommodation</a> ? 9/10 is the deadline to request! Contact <a href="#">Student Affairs</a> .	4 Figure out a regular sleep schedule to help your concentration during the day.	5 When you accomplish an assignment or reading, give yourself a reward.		
		8 Edit/polish your social media presence! Need help? Ask <a href="#">Career Services</a>	9 To avoid eye strain, use the <a href="#">20-20-20 rule</a> : Every 20 minutes look at an object 20 ft away for 20 seconds.	10 Write a <a href="#">positive affirmation</a> or do a <a href="#">mini meditation</a> to find your focus.	11 <a href="#">TLAP</a> provides peer support, crisis counseling, and financial help for mental health.	12 Start each day with 3 things in mind that you want to prioritize.		
<b>Labor Day 6</b> Take this day to go outside and enjoy the fresh air!	Event 7 Student Organization Fair! Time: 12 – 1 PM Location: Conference Center	13 Limit time on your phone by placing it on Do Not Disturb or setting the display to grayscale.	14 Find someone in your class to study with you or ask questions.	15 Create a playlist featuring calming or instrumental music to study to.	16 Having trouble focusing? <a href="#">Doodling may help you stay attentive and retain more information.</a>	17 Take a walk outside to take a break, clear your mind, and be in the present.	18 Register for the <a href="#">ABA Equity Summit</a> , FREE for law students! Registration ends Sept. 20.	19 <b>Virtual Event 19</b> <a href="#">Cooking with Prof. Penrose!</a> Time: 5:00 – 6:00 PM Location: Zoom
<b>Howdy Week 20</b> Join in the festivities for the week, and be on the lookout for some giveaways!	21 Don't forget to take breaks! Make sure to stand and stretch for one minute every hour.	22 Write down on a notecard why you are pursuing this career to keep you motivated.	23 <b>ABA Event 23</b> <a href="#">Virtual Office Hours: Writing Law School Outlines</a> 1:00 PM CST	24 Last day to apply for December 2020 degree without late fee.	25 Connect with free counselors with <a href="#">Student Assistance Program (SAP)</a> (855)-270-3349.	26 Make a "To Accomplish" list for things to get done today, this week, this month.		
Event 27 <a href="#">ABA's Equity Summit</a> Advancing Diversity, Equity, and Inclusion in the Legal Profession & Beyond.	28 We encourage you to get the COVID-19 Vaccination! Use <a href="#">CDC's widget</a> to find a location near you.	29 October 1 is the timely deadline to file a <a href="#">Declaration of Intent to Study Law</a> to the Board of Law Examiners!	30 Think about everything you have accomplished this month to remind yourself that you are successful.	<h1>FINDING FOCUS</h1>				

## EVENTS

- Brief Break with Vigor Active** – 9/2 | 12:00 PM CST | Room 206
- Student Organization Fair** – 9/7 | 12:00 PM | Conference Center
- ABA Event – Virtual Office Hours: Writing Law School Outlines** – 9/23 | 1:00 PM CST
- Cooking with Professor Penrose** – 9/26 | 5:00 PM CST | Virtual Event
- ABA's Equity Summit** – 9/27- 9/30 | Registration closes 9/20 | Free for law students

## WELLNESS PROGRAM

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