

AUGUST 2021

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STARTING STRONG					Say howdy to Allison Pawlowski, the Wellness Program Coordinator. (Details below)	1 Take a moment to breathe and assess how you are feeling.
2 Need Classroom Accommodations? Submit a request to Allison Pawlowski by 8/16.	3 Who support you outside of law school? Reach out to show appreciation.	4 Virtual Event 4 Webinar – The Road to Licensure 11 AM CST	5 Determine if you need to enroll in the TAMU Student medical/dental insurance .	6 Check out the Student Wellness Resources page.	7 Be active today! Go on a walk or jog in the morning before it gets hot.	8 Plan meals for the week ahead to save money.
9 Prepare a space at home to work. Setting up the area helps manage time.	10 Virtual Event 10 Webinar – Your Public Service Loan Forgiveness Action Plan 8 PM CST	11 JD Orientation 11 Change technology screens to be warmer colors to help with sleep and migraines.	12 JD Orientation 12 Webinar – Consolidating vs. Refinancing Student Loans 11 AM CST	13 JD Orientation 13 Gig'Em Jamboree! Join TAMU Law at River Ranch for food & fun! 1 PM – 3 PM	14 Identify a way of recording tasks/meetings to manage the semester.	15 Prepare supplies for classes the night before to be less rushed in the morning.
16 First Day of Class! Make a connection with someone in class or reach out to a friend.	17 Relax your mind and body before bed with deep breathing exercises.	18 Question about your tuition/payments? Contact Student Business Services	19 Virtual Event 19 ABA Virtual Office Hours: Financial Planning for Law Students 1 PM CST	20 Talk about your schedule and expectations to your household members.	21 Connect with free counselors through the Student Assistance Program (SAP) at 1-855-270-3349 (TTY: 711).	22 Call a loved one today.
23 Make a calendar for your semester to remember important dates.	24 Virtual Event 24 Webinar – Building Your Law School Budget 11 AM CST	25 Share a quote or reason you are pursuing your degree with friends.	26 Take time to assess how you are feeling now that the semester has started.	27 Last day to elect pass/fail option. The Office of Student Services can help.	28 Remember to put on sunscreen, even if it's cloudy outside.	29 Dance it out! Dance to a song that makes you happy.
30 Timely deadline is 9/1 to apply for February Bar Exam!	31 Last day to drop a course. The Office of Student Services can help.	 TEXAS A&M UNIVERSITY SCHOOL OF LAW				

EVENTS

- [AccessLex Webinar – The Road to Licensure](#) – 8/4 | 11 AM CST
- [AccessLex Webinar – Your Public Service Loan Forgiveness Action Plan](#) – 8/10 | 8 PM CST
- [AccessLex Webinar – Consolidating vs. Refinancing Student Loans](#) – 8/12 | 11 AM CST
- [Gig'Em Jamboree!](#) – 8/13 | 1 PM – 3 PM | River Ranch 500 NE 23rd St, Fort Worth, TX 76164
- [ABA Virtual Office Hours: Financial Planning for Law Students](#) – 8/19 | 1 PM CST
- [AccessLex Webinar – Building Your Law School Budget](#) – 8/24 | 11 AM CST

WELLNESS PROGRAM

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