

THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

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Mission Statement

The Wellness Connection seeks to empower law students with knowledge, resources, and support and to foster a culture of mental wellness within the legal community. The demanding nature of legal education and the legal profession can place significant stressors on individuals, leading to mental health challenges.

Thus, the Wellness Connection Newsletter will raise awareness, reduce stigma, and provide practical strategies for self-care, resilience, and seeking help when needed.

Your Wellness Fellows.

- Jakia Warren
- Anna Arakelian

Appointments with Wellness Fellows
<https://rwu.mywconline.com/>



Anticipation of Grades



The anticipation intensifies as you await grades. Once the results are in, a rollercoaster of emotions hit and some of you will have grades that you've never had before. Despite the oft-repeated advice that grades don't define you, the reality is that if you care about your academic performance, the emotional impact is inevitable.

It's essential to recognize that these grades, once received, do not singularly dictate your potential as an attorney. The path to a legal career encompasses a range of skills and attributes that extend beyond the confines of a transcript.



But the person who scored well on an SAT will not necessarily be the best doctor or the best lawyer or the best businessman. These tests do not measure character, leadership, creativity, perseverance.

— William Julius Wilson —

AZ QUOTES

Embrace the challenges, learn from the experience, and use this to fuel yourself. The competitive nature of the curve can amplify judgment. Amid the academic challenges and inevitable comparisons, resist the temptation to let the opinions of your peers affect your self-worth. Your success is inherently yours, and no external opinion should overshadow the potential you carry.



Relaxation



Congratulations!
**YOU'VE COMPLETED ANOTHER
CHAPTER IN YOUR LIFE AND NOW
ITS TIME TO RELAX**

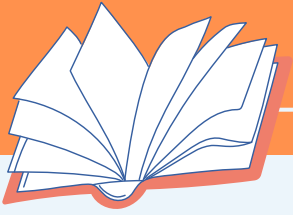
The relief of finishing finals and not knowing what to do with yourself? Here are some tips to help you relax and make the most of your break!

1. You've worked so hard all semester. Do not engage in negative self-talk, look at your outline, or discuss the exam. It's over!
2. Now is the time to clear your mind, kick your feet up, and indulge in some TV or read that book you've been meaning to.
3. Hangout with friends you haven't seen in a while.
4. Call your family and talk for hours about everything and nothing (something you haven't had a chance to do all semester)!
5. Go Outside: camp, hike, dance, karaoke, paint, skate, sled, bowl
6. Go out for a nice dinner; you deserve it!
7. Wanted to take a trip somewhere? Now is the time to travel!

Once You Have Relaxed, Now You SHOULD:

1. Apply for summer internships (1Ls and 2Ls).
2. Apply for prospective jobs and interviews (3Ls).

Preparing for the Spring Semester



*A new Chapter has
Begun*

HERS'S TO THE NEW YEAR

**PRE-ORDER
(RENT OR BUY)**

**NEXT SEMESTERS
BOOKS!**

Ensure you have sufficient funds to get you through the semester (discuss with the financial aid office).

Reach out to upperclassman about what to expect in upcoming classes.

Ask YOURSELF, "Can I handle working and school?"
If you can, meet with someone to plan out a schedule!

Helpful cites to rent/buy books:

www.chegg.com

www.thriftbooks.com

www.aspenpublishing

www.allbookstores.com

Ask upperclassman

Let It Sink In ✨



Resources

Wellness Fellows

Jakia Warren

Anna Arakelian

[https://rwu.mywconline.com/schedule2.php?
scheduleid=sc64d4ef833eb25
wellnessconnection@rwu.edu](https://rwu.mywconline.com/schedule2.php?scheduleid=sc64d4ef833eb25wellnessconnection@rwu.edu)

Counseling Center: (401) 254-3124

[https://www.rwu.edu/undergraduate/student-life/health-
and-counseling/counseling-center](https://www.rwu.edu/undergraduate/student-life/health-and-counseling/counseling-center)

The Dean of Student Life:

Dean Lalli - llalli@rwu.edu

Academic Excellence:

Prof. Thompson - kthompson@rwu.edu

Assistant Director, Student Life

Jill Dallaire- jrdallaire@rwu.edu

Recreation & Fitness Center

<https://www.rwu.edu/life-at-rwu/recreation-fitness>

Tip of the Month:

There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

-Colin Powell

A Word From:

Jakia & Anna

There will always be obstacles on your path to success. Remember why you're here, and don't let challenges bring you down. Keep pushing forward, and you will undoubtedly make it.

Upcoming Events:

Happy Holidays
&
Happy New Year