

THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

ISSUE VI: JANUARY 2024



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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/>



Getting Back Grades



Self-Check-in: How are you feeling?

Need to check in?

Schedule an appointment with:

1. **Your Professors**
2. **Professor Thompson and Dean Lalli**
3. **Anna and/or Jakia**

Reevaluate your work ethic:

1. **Are you dedicating enough study time per course?**
2. **Are you completing practice exams?**

New Semester, New mindset

Approach the semester by learning from your past actions and applying that knowledge.

Getting back into the Habit of Studying



Begin with shorter study sessions and gradually increase the time as you become more comfortable. Starting small can make the process seem less overwhelming.

Set a study schedule that fits your daily routine. Consistency is key, so try to stick to your study time.

Identify the most important tasks and focus on those first. Tackling high-priority items can give you a sense of accomplishment and motivation

Assess your progress and adjust your study strategies accordingly. Celebrate small victories and learn from any challenges.

**Additional Resource Provided
by Academic Excellence:
Reviewing Law School Exams**

<https://law.rwu.edu/academic-tips>



Deadlines for the Bar

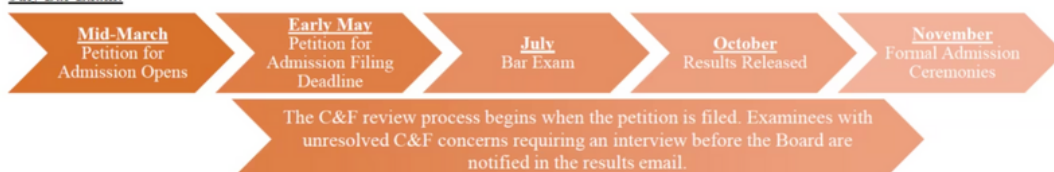


Rhode Island

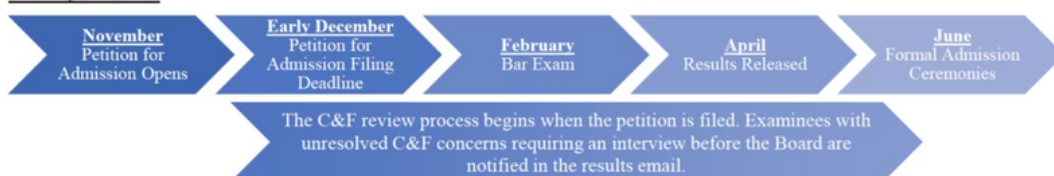
The Rhode Island Bar Examination is administered the last Tuesday and Wednesday of February and July each year. The deadline for the February examination is December 1st; the deadline for the July examination is May 1st. There is no provision for late filing.

Massachusetts

July Bar Exam:



February Bar Exam:



New York

Dates of Bar Exam	Application Filing Dates
February 27-28, 2024	November 1 -30, 2023
July 30-31, 2024	March 1 - 31, 2024
February 25-26, 2025	October 1 - 31, 2024
July 29-30, 2025	March 1 - 31, 2025
February 24-25, 2026	October 1 - 31, 2025
July 28-29, 2026	March 1 - 31, 2026

Let It Sink In ✨



Resources

Wellness Fellows

Jakia Warren

Anna Arakelian

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

Counseling Center: (401) 254-3124

<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:

A new semester brings new challenges and outcomes. Take it slow, and don't hesitate to seek help when needed.

A Word From:

**Professor Monica Teixeira
de Sousa**

"Receiving grades in the 1L year can be a very difficult experience and you can give yourself permission to feel sad, angry, frustrated, just not for too long. The key is to remind yourself of why you're here, presumably to practice law! When you're out in the real world winning cases for your clients, not a single person will ask you about your 1L grades. Not. A. Single. Person. And please remember the following wise words of Mr. Rogers – 'The thing I remember best about successful people I've met all through the years is their obvious delight in what they're doing and it seems to have very little to do with worldly success. They just love what they're doing, and they love it in front of others.'"

Upcoming Events:

Diversity Week
February 12th- 16th.

'To Kill A Mockingbird'
Reach out to Heather in the Dean's suite for tickets.