

THE WELLNESS CONNECTION

ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW ACADEMIC EXCELLENCE

Issue III: October 2023



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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/>



Financial Stress



A survey conducted by the ABA concluded that 67% of young lawyers are under financial stress. Additionally, the debt borrowed from the average law students can be an upward of thousands.

Financial stress isn't just a burden but also a mental health concern. Further, 80% of lawyers report that their career choice was a decision made because of the amount of debt they incur.

Numerous programs are available to ease this burden. If you're in the public interest sector, the Public Service Loan Forgiveness program provides debt forgiveness after 120 months of payments, which equals 10 years. Alternatively, for those outside this sector, diligent budgeting and smart financial management can significantly reduce financial stress and lead to debt freedom.

Budgeting allows you to monitor your spending and maintain discipline. There's a plethora of free tools like:

Mint, Buddi, and GnuCash

These apps can assist in creating budgets and tracking expenses effectively.



Resources For Financial Support

https://www.accesslex.org/education-and-financial-capability?f%5B0%5D=areas_of_focus_tools%3A18

<https://www.accesslex.org/databank#scholarships>

https://www.americanbar.org/groups/young_lawyers/about/initiatives/student-loans/

Kathryn Politano, Assistant Director of Financial Aid
Counselor for Law Students with Last Name A-K
kpolitano@rwu.edu

Tina Bacon, Assistant Director of Financial Aid
Counselor for Law Students with Last Name L-Z
tbacon@rwu.edu



Giving Back



In moments of I DON'T FEEL LIKE ...

Decide that you are a pillar of your community, so commit to giving back and helping those who truly need it.

PRO BONO is a great way to serve others and make a difference in the WORLD.

Pro Bono work allows one to feel fulfilled as it positively affects your mental and emotional state of being. It provides the opportunity to assist and make a positive impact on another person's life. And, Pro Bono work offers hands-on experience in the legal field, exposes you to different areas of law/career discoveries, and can lead to jobs and other opportunities.

"In America, there is a huge gap between the millions who need legal services and those who can afford them. With the cost of legal services increasing, the number of people who need pro bono legal help — often desperately — is on the rise. In fact, 80% of people who need free legal help don't get it. Thankfully, you can be part of the solution: provide legal services to someone who can't afford it and you'll help bridge the gap." by Felicity Conrad - Justice Innovation

Pro bono work is a powerful reminder of the influence and power you will have as an attorney. Remember to use your position to be of service to others!

2023 PBC Information Sessions



**October 11, 2023
Room 286
12:30 pm - 1:00 pm**



**October 25, 2023
Room 283
12:30 pm - 1:30 pm**



**November 1, 2023
Room 286
12:30 pm - 1:00 pm**



**November 16, 2023
Via Zoom (click for link)
6:00 pm - 6:30 pm**

Roger Williams University
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Let It Sink In ✨



Resources

Wellness Fellows

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

We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.

Cesar Chavez

A Word From:

Suzanne Harrington-Steppen

One of my all-time favorite quotes that I like to share with students is from Justice Ruth Bader Ginsburg: "[I]f you are going to be a lawyer and just practice your profession, you have a skill—very much like a plumber. But if you want to be a true professional, you will do something outside yourself . . . something that makes life a little better for people less fortunate than you." When the days are long and tiring during law school, I hope our law students keep an eye on the end game which is joining a profession that offers a meaningful way to give back to individuals and society. We are at our best, as a profession, when we take responsibility for, and act to, increase access to justice for all, not just those with financial resources. Doing good feels good and it's our professional responsibility.

Upcoming Events:

Halloween Pumpkin Painting

October 31

11:00am-1:00pm

Rm: 279



Sweet Corn Bisque

Fragrant turmeric and shallots lend a deep flavor to this healthy bisque

Ingredients

- 5 ears local corn
- 1 sliced shallot
- 1 ½ cups whole milk
- 1 tablespoon salt
- ¼ teaspoon turmeric
- ½ tablespoon sugar



Directions

1. Remove corn from cob, thinly slice shallot
2. Cook corn and shallots on low heat 5 minutes - do not carmelize
3. Add milk, simmer for 20 minutes
4. Add salt, turmeric and sugar (to taste)
5. Simmer additional 10 minutes
6. Combine in blender to desired consistancy
7. Serve hot or cold

Serves 10 guests



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