

Dear Class of 2022,

Whether you realize it or not, you have officially finished one half of your first semester classes. Congratulations! Over the last few weeks, we've been highlighting what we hope will be important Life Practices to help you thrive not only as a student but as a human being in law school and a future lawyer.

Now that you're a quarter of the way through your 1L year and already have one LRW memo under your belt, you know that law school can be exciting, overwhelming, engaging, nerve-wracking, fun (1L cup?!) or some combination of the above. So... how are things going? We'd love to hear from you. We've heard from those of you who have met with us that it can be a relief/helpful to sit down with a 2L or 3L and talk routine, purpose, self-care, or anything you might want! (**And stay tuned for details on our grand opening of the Peer Advisor space in WCC in a week!**)

With Fall Break upon us, it's also a great opportunity to take a moment to check in with yourself. How are you feeling about the past six weeks? The next six? Maybe use this time to do something that you used to do before law school, but haven't found time to do in a while. On the flip side, you could always catch up on sleep. Either way, we highly recommend taking a full day to yourself, in whatever form that means for you.

Here's a brief summary of the Life Practices we've covered so far. We encourage you to review them and check in with yourself on where you feel you've been successful or where you think you can focus more. As always, sign up [here](#) to talk to a peer advisor to discuss the below or anything else that may be on your mind:

- **Life Practice #1 - Building Habits and Routines:** Habits and routines are the foundation of success. They add a sense of structure to your day and help you accomplish the task at hand or prepare for the task ahead.
- **Life Practice #2 - Finding Purpose:** Reminding yourself of the reason(s) you came to law school will help you sort which opportunities serve you best. Five questions to help shape your thinking: What do I do? How do I do it? For whom do I do it? Why do I do it? What value am I bringing?
- **Life Practice #3 - Practicing Self-Care and Compassion:** Self-care is not self-indulgence. For some it's self-preservation, it's showing up wholehearted and leaning into imperfection. Seek resources as needed, focus on finding and building community, and practice self-compassion.
- **Life Practice #4 - Empathy:** Imagining how another human being feels and focusing on treating them the way you would want to be treated, so that they can be seen, heard, and affirmed without having to deny, conceal, or be ashamed of what makes them uniquely them - that's practicing empathy.

There's more to come! Our goal is to help you find ways to thrive as your full selves entering into an often demanding profession. It may never be simple or easy, but by keeping in mind these practices and by embracing universal human experiences such as vulnerability, joy, and even failure (!), we can get to a place of wholehearted living as law students and as lawyers.

Congrats for finishing this much law school! We can't exactly say it's all downhill from here--but at least you know where the bathrooms are now!

Your Peer Advisors