

# MAINTAINING BALANCE IN LAW SCHOOL

1L Orientation 2013

UC Hastings College of the Law

August 15, 2013

# Presentation Outline

- **What does it mean to maintain balance?**
- **Why is maintaining balance important?**
- **Roles and law school stress**
- **Specific tips**
- **Resources at UC Hastings**
- **Questions**

# What does Maintaining Balance Mean?



# Why is Maintaining Balance Important?

## □ Point of diminishing returns!



(Think Goldilocks)

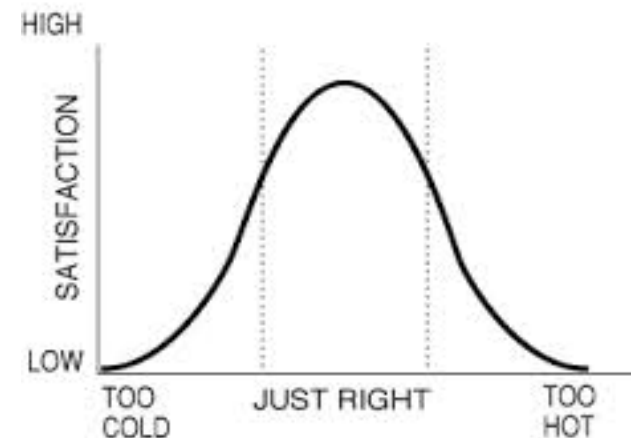
## □ Direct effects of longer hours:

- ▣ Diminished output per add'l hour
- ▣ Diminished productivity and efficiency per add'l hour

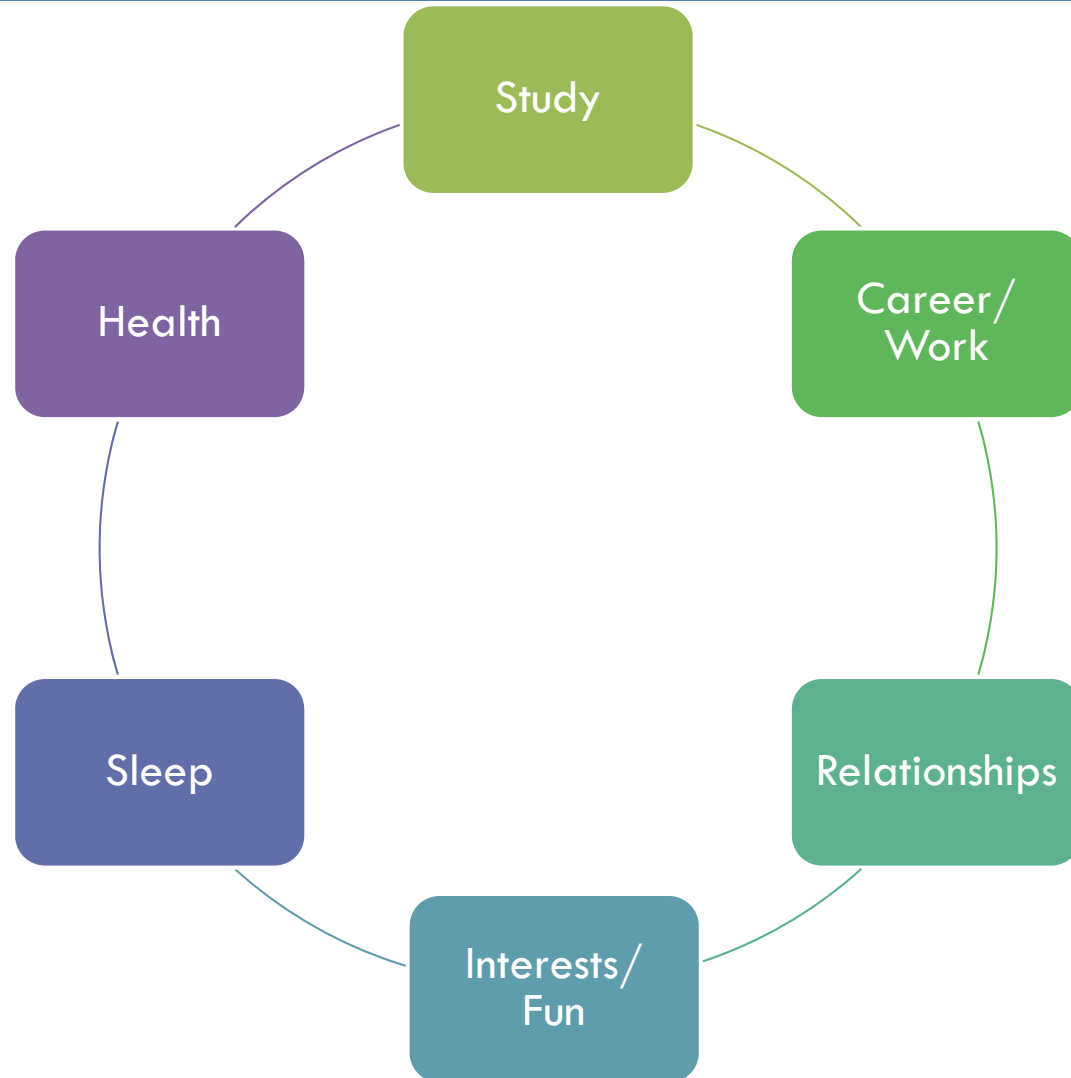
## □ Indirect effects of longer hours:

- ▣ Fatigue and stress affect health, keep productivity levels below potential

## Goldilocks Principle



# Roles & Competing Obligations



# What are Your Roles? (Samples)

- Administrator
- Artist
- Advocate
- Athlete
- Brother
- Caregiver
- CFO
- Challenger
- Chairperson
- Citizen
- Chef
- Coach
- Companion
- Consultant
- Counselor
- Daughter
- Editor
- Energizer
- Explorer
- Friend
- Grandparent
- Influencer
- Inventor
- Leader
- Manager
- Mentor
- Musician
- Neighbor
- Parent
- Peacemaker
- Reporter
- Salesperson
- Sister
- Son
- Spouse
- Student
- Supervisor
- Teacher
- Technician
- Trainer
- Tutor
- Vice-President
- Volunteer
- Writer

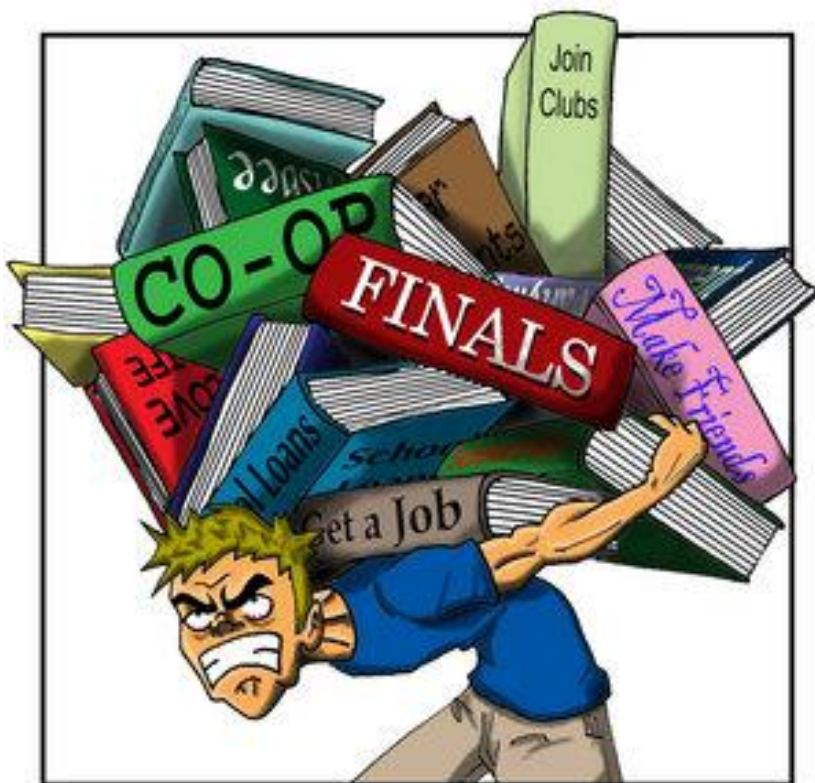
(Student Leader)

(Law Student)



# Law Student Stress

Why is this presentation mandatory?



SPC: eskid.info

- Increased depression
- Increased anxiety
- Increased alcohol and substance abuse
- Incidence increases continually throughout law school
- High incidence continues in the profession

# Law Student Stress

Why is this unique to law students and attorneys?



SPC: esakad.info

- Most law students are **high-achievers**
- You worked **hard to get here**
- Now you are all together-**competing**
- You **talk to each other** re what you are doing
- **High expectations**
- **High stakes**



# How to Combat Law Student Stress

- Remember your life outside of law school- law student is only one of your roles

- Take advantage of the resources

UC Hastings has to offer

- Think about Balance- Scales of Justice

- Time Management Tips

- Pay attention to the Positive



# Time Management Assessment

- **Take this short quiz**



# Tips on Maintaining Balance

- **#1: Create a Schedule**
- **#2: Prioritize**
- **#3: Avoid Interruptions**
- **#4: Perspective (Think about Your Roles)**
- **#5: Self Care**

# Tips on Maintaining Balance (cont.)

## □ #1: Create a Schedule

### ▣ Maintain a calendar

- Plan Your Semester, Week, Day
- Add your to-dos for your roles



### ▣ Establish a schedule for your study day:

- If you plan to study for 8 hours on Saturday, set a start and end time, allot an estimated time for each project or task to keep you on track, and schedule an activity (working out, movie) afterwards.

# Tips on Maintaining Balance (cont.)



## #2: Prioritize

- ▣ Knockout the big tasks first!
- ▣ Don't forget about your roles other than law student-  
make time for what is important

# Tips on Maintaining Balance (cont.)

## □ #3: Avoid Interruptions

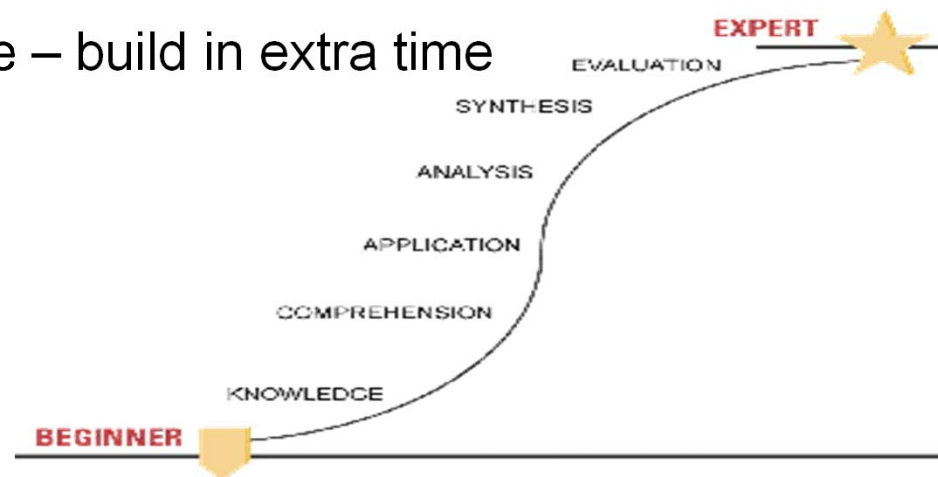
- Turn off distractions while you work (Gchat, phone, Facebook).
- Instead, concentrate on task at hand and give yourself a reward afterwards.



# Tips on Maintaining Balance (cont.)

## □ #4: Perspective

- Continually reassess and change your strategies if necessary.
- Don't sweat the small stuff! Think back to your roles and see what's important.
- Focus on one thing at a time to avoid feeling overwhelmed
- Law school learning curve – build in extra time



# Tips on Maintaining Balance (cont.)

## □ #5: Self Care

- Schedule breaks into your schedule.
- Stay healthy (sleep, exercise, meditate, etc.).
- Continue pursuing your interests.
- Maintain supportive personal relationships.
- Attend to ALL of your roles!





# Resources at UC Hastings

- **Academic Support Program** (198 Building, Rm. 403, 415.565.4839)
  - <http://www.uchastings.edu/academics/education/asp/index.php>
- **Student Health Services** (200 McAllister, Rm. 202, 415.565.4612)
  - <http://www.uchastings.edu/about/admin-offices/health-services/index.php>
- **Fitness Center** (at the Tower)
  - Gym open 24/7! Free for all students.
  - Free Yoga and Zumba classes (start on 8/19!)

# Resources at UC Hastings (cont.)

- **Disability Resource Program (DRP)** (198 McAllister, Rm. 440, 442, 464, 415.565.8948)
  - ▣ <http://www.uchastings.edu/about/admin-offices/disability-resource-program/index.php>
  
- **Legal Education Opportunity Program** (198 Building, Rm. 401/415, 415.565.4723)
  - ▣ <http://www.uchastings.edu/academics/education/leo/index.php>

# Resources at UC Hastings (cont.)

- **Student Services** (200 McAllister, Rm. 254, 415.565.4773)
  - ▣ Academic Advising
  - ▣ Student Organizations – travel funds
    - ASUCH (student government) and 61 registered student organizations
  - ▣ Tutoring in the Tenderloin
  - ▣ Life in San Francisco:
    - Daily highlights of free/cheap events in the city. Sign up for alerts!
    - [www.uchastings.edu > Student Life > Life in San Francisco](http://www.uchastings.edu/student-life/life-san-francisco/index.php)  
(<http://www.uchastings.edu/student-life/life-san-francisco/index.php>)

# A Few Other Resources

- **UCLA Mindfulness Awareness Research Center (MARC) Guided Meditations:** <http://marc.ucla.edu/body.cfm?id=22>
- **Qigong Warm Up Exercises for Stress Relief:** <http://www.holistic-back-relief.com/qigong-warmups.html>
- **7 Positive Psychology Steps to Thriving in Law School :** <http://daveshearon.typepad.com/daveshearon/2007/08/six-positive-ps.html>
- **John Hopkins Medicine Health Alert 9 Strategies for Managing Anxiety:** [http://www.johnshopkinshealthalerts.com/reports/depression\\_anxiety/1156-1.html](http://www.johnshopkinshealthalerts.com/reports/depression_anxiety/1156-1.html)
- **Fourfold Breathing Exercise:**  
[books.google.com/books?isbn=0596553986](http://books.google.com/books?isbn=0596553986) If the link doesn't work, google *mind performance hacks fourfold breath* and follow the google books link

# Questions?

