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Law Library Newsletters/Blog

Law Library

10-2023

Law Library Blog (October 2023): Legal Beagle's Blog Archive

Roger Williams University School of Law

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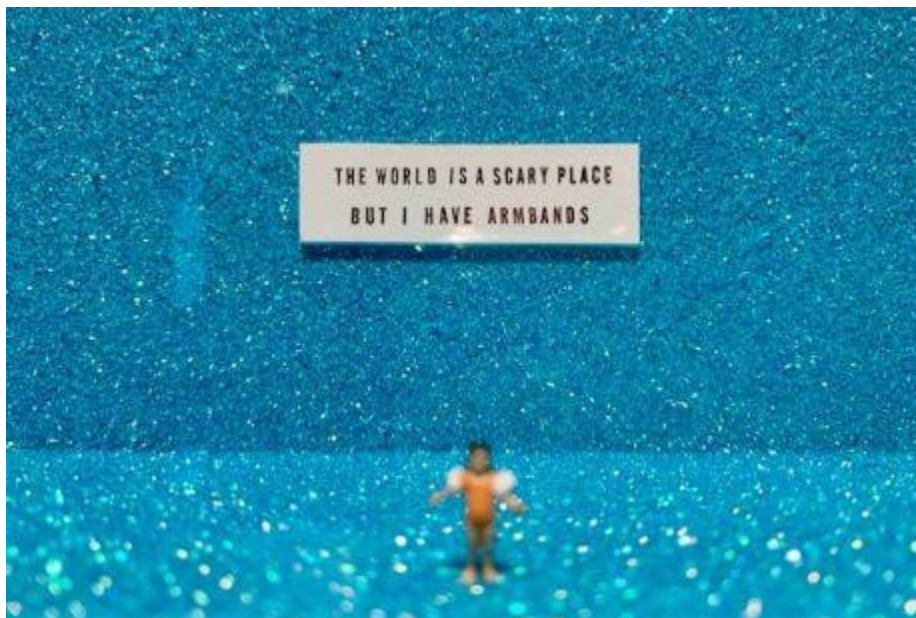
October 2023 Library Blogs

Legal Beagle's Post

October 6, 2023

Law Student Mental Health Day

October 6, 2023



To say law school is stressful is an understatement. Some studies suggest that lawyers and law students experience depression at a higher rate than the general population. The American Bar Association marks October 10 as [Law Student Mental Health Day](#) to correspond with [World Mental Health Day](#) recognized by the World Health Organization. It is a day that recognizes the stress, anxiety, mental health, and substance abuse issues among law students, lawyers, and others in the legal profession. On this day, law schools and legal employers promote and educate about programs and events available to students and lawyers facing those issues, to break any associated stigma.

Your mental health should be a top priority. Roger Williams School of Law and the American Bar Association offer various resources to help you recognize mental health concerns as well as resources available to help you focus on your well-being.

The following are a list of outside resources:

- [Mental Health Screening by MindWise](#). This free online screening tool is a quick way to see if your recent behaviors and thoughts may be associated with a mental health issue and you will be presented with information and next steps.
- [ABA Law Student Division Law Student Resources](#). This page specifically focuses on Law Student mental health awareness.
- [ABA Substance Use and Mental Health Tool Kit for Law Students](#). This Toolkit is the result of efforts from hundreds of individuals around the country who want to facilitate the well-being of law students.
- [“I.R.A.C. \(Intention, Respect and Care\); Law Student Successes on the Continued Path to Becoming Healthy New Lawyers”](#) Event. Co-sponsored by the ABA’s Center for Professional Responsibility The ABA’s Law Student Division (LSD), Commission on Lawyer Assistance Programs (CoLAP), and Young Lawyers Division (YLD) the panel of law students, recent graduations, and administrators will focus on positive well-being and mental health experiences while in law school.
- [The Path to Law Student Well-Being Podcast Series](#). A podcast series sponsored by the ABA Commission on Lawyer Assistance Programs, Section of Legal Education and Admissions to the Bar and Law Student Division in response to a [2017 report](#) from the National Task Force on Lawyer Well-Being which set out action items for the legal community to improve and shift the culture of the legal profession toward mental health well-being.

To help address the needs of the RWU Law community, the law school has a [Student Wellness page](#). This page contains information on accessing counseling services on campus, how to contact the Dean of Students Office, fitness and recreational services on campus, upcoming wellness-related events, and more!

One of the resources highlighted on the Student Wellness page is the [Law Library’s LawGuide](#) to help you find ways to manage the stress of law school in serious (and not-so-serious) ways. The guide includes information on [wellness and the law](#) generally, the various [reflective spaces](#) at RWU, and ways to bring [some fun](#) into your life while in law school.

Lastly, RWU Law Student Life has shared information about the first [Law Student Mental Health Summit](#). It will take place on Thursday, October 12. There will be 6 live sessions that can be attended virtually, or later on-demand for those unable to attend live. To learn more, check out the [information and registration page](#).

The message from these resources, and all of us, is that you are not alone. There are many resources (including people!) ready to support you and your mental wellness as you navigate the stressful years of law school and beyond.

October 26, 2023

Halloween Happenings

October 26, 2023



Happy Halloween! Welcome to the season of tricks, treats, and ghouls galore. If you want to get in the spirit, [Roger Williams hosts The Jack-O-Lantern Spectacular](#) or there is the [Factory of Terror](#), if screaming is more your style.

As a reminder there will be a Grab N' Go Event on Halloween in the atrium of the Law School starting at 11:45am. The bags are filled to burst with Halloween treats.

Also starting on Halloween, the Law Library has an event tangentially related to the 30th anniversary of the Law School. You will be able to win prizes based on your online submission, which will stay open until 11:59PM on November 3rd. First place is an Amazon gift card and the personal use of study room 187 throughout fall finals. You can participate in the library (look in common areas) or through our LibGuide. Some of you super sleuths might have already noticed some changes in the Library.

We hope you have a Spooktacular day!