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Law Library Newsletters/Blog

Law Library

4-2024

Law Library Blog (April 2024): Legal Beagle's Blog Archive

Roger Williams University School of Law

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National Library Week

April 5, 2024



Get your racing outfit on as we celebrate a beloved part of our law school this week, the library. Each year, the American Library Association (ALA) announces a week in the spring to celebrate libraries across the nation. This year's celebration begins April 7th and lasts through April 13th. The theme is [Ready, Set, Library!](#) Inspired by this, the law library staff has crafted their own Formula One racing theme to commemorate the week.

At the circulation desk you'll find sweet and salty treats for your enjoyment along with some stunning bookmarks that display notable Formula One racetracks. These tracks are some of our favorites, and you will notice throughout the week they match the tracks highlighted on our [National Library Week LawGuide](#). Starting Monday, in addition to the informative 'Paddock' page, you will see 'Race' pages. Numbered 1-5, one race will be added each day. Be sure to read the whole page to learn more about important library resources, that day's featured staff member(s), and our day-to-day library policies. Answer the quiz at the end to be entered for a prize! You won't want to miss this chance to win a framed vintage Formula One poster, a car safety tool, and racing book.

Speaking of missing out on really cool things, make sure to mark your calendars for a lunch with Steve from Lexis on Monday, April 8th in the Bayview room! This event provides an opportunity to learn more about Lexis AI. Knowledge is fuel, and Steve's is the best on the market.

Our law library would not be the study sanctuary it is without our student workers and staff. Whether you're making a pit stop for snacks and bookmarks or attending the Lexis lunch, please thank your library workers!

Exam Time Stress & Wellness

April 18, 2024



Final exams are upon us again at RWU Law. It can be an extremely challenging time for law students. The Law Library has several suggestions that can help you reduce your stress levels; we also offer a variety of resources to help you prepare for your finals.

Reduce Your Stress Levels

1. Watch Cute Baby Animals.
The library will be showing live streams of cute baby animals in our main computer classroom during reading days and finals. We hope to give you a few moments of joy during your study breaks, by featuring various animals. We even featured jellyfish, which are not cuddly but are hypnotic to watch. Please stop by the main computer classroom, you will oohh and ahh over our furry and not so furry friends. Studying off campus? Search for your favorite animal(s) and "live stream" to find a site that brings you joy.
2. Review the Stress Management, Mindfulness and Wellness guide.
Check out the library's [Stress Management, Mindfulness and Wellness guide](#). You will find lists

of books and links to general resources for wellness. You will also find links to the [RWU Fitness Center](#), where you can take a break and destress through exercise. If you need someone to talk to during exam times, or any other times, please contact the [RWU Counseling Center](#). The [Dean of Students Office](#) at RWU Law is also available to provide resources and guidance for a wide variety of students needs and concerns.

3. Listen to your body.

Being focused on your studies may lead to not fulfilling your basic needs. Use the [HALT method](#) to address your needs. HALT stands for Hungry, Angry, Lonely, or Tired. These four states can affect your mood and behavior, affecting your work negatively.

- a. Are you Hungry - Make sure to eat while you are studying hard. Try to choose healthy foods that will improve your mood and give you energy.
- b. Stay hydrated. Symptoms of dehydration include headache, muscle cramps, sleepiness, lack of energy, and irritability. To help you stay focused, make sure to drink enough fluids and try to minimize caffeine intake.
- c. Are you Angry or Lonely? Try to identify why you are feeling this emotion so you can address it. Asking for help is difficult, but remember your family, friends, and the RWU Law community all want you to succeed. You may need to take a break or talk things through with a friend, family member, or someone else. The Counseling Center on campus is available on weekdays from 8:30am to 5:00pm and offers remote services available when the center is closed. [Visit their web page](#) to find out more information.
- d. Are you Tired? You may be physically, mentally, and/or emotionally tired. Take a break; close your eyes and take a deep breath; go for a quick walk; grab a bite to eat; head to bed early and wake up ready to go.

Help to Prepare for Finals

1. Visit the Study Aids Guides.

The Law Library's staff has prepared [study aids guides](#) to the major study aids in the library's collection to supplement your outlines and class materials. These guides are organized by class subject, including guides for all 1L classes and many 2L and 3L classes. In these guides, you will find links to the Law Library's popular print and eBook study aids; audio and visual resources (such as the Sum & Substance Audio series & LexisNexis Courtroom Cast); and online, print, and eBook resources you can use to test yourself on concepts from class.

2. Book a Study Room.

You can [book a study room](#) for individual or group study sessions. Please read the [full policy](#) to ensure that you are familiar with its terms. We will be actively canceling reservations that do not follow this policy and repeated failures to comply with the policy will result in the loss of reservation privileges through the end of the semester.

3. Refer to Academic Excellence Resources.

Don't forget to look at the resources available through the [Academic Excellence Program](#), from Writing Center information to time management suggestions, as well as learning from previous exams. The Academic Excellence Program offers tips and tricks for studying and writing as well as tutorials, handouts, and contact information.

While studying in the library, please remember that sound travels across the library. Please be courteous to your fellow students by keeping the noise down. Some students enjoy background noise as they study, while others do not.

Remember the Law Librarians are here to answer your questions or to help point you in the right direction just [Ask a Librarian](#).

Good luck with your finals!