

A large, faint watermark of the Harvard Law School seal is centered in the background. The seal is circular and contains the text "HARVARD LAW SCHOOL" at the top and "BOARD OF STUDENT ADVISERS" at the bottom. The year "1910" is visible on the left and right sides of the seal. The seal also features a central emblem with a scale of justice and a book.

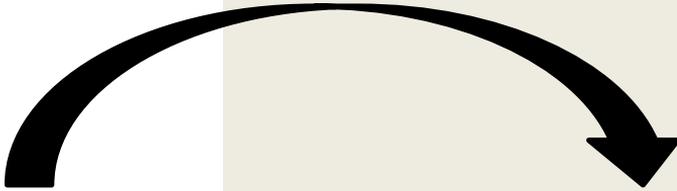
# Living Like a Lawyer

Your new life as a law  
student brought to  
you by the  
**Board of Student  
Advisers**

# What are we doing here?

Our goal is to give you some (hopefully) useful information about being at HLS and life in law school/the legal profession.

# A Quick Roadmap



1. Community
2. Professionalism
3. Wellness
4. Q&A

You will get tired  
of this word.  
Sorry.

# Ask us anything!

We're handing out index cards now for you to write anonymous questions.

We'll collect these and the BSAs will answer them in a panel.

# Possible Question Topics

## 1 Community

Campus Activities/Extracurriculars

Non-HLS Community Engagement

Affinity Groups (e.g., SALSA, APALSA, Lambda)

## 2 Professionalism

Office Hours

Networking

## Professionalism, cont.

Where to buy a suit

OPIA and OCS

## 3 Wellness

Stress Management

Intramurals/Gyms/Hiking

Good Food in Cambridge

## 4 I have something else to ask!

# Community

We are each other's **best resource and source of support.**

The BSA is meant to be an organizational embodiment of this. Please know that we take this seriously.

You'll hear this a lot but it's true: The relationships you build here will be with you throughout your professional life.

There are times when you might need backup in other forms: DOS, professors, Counseling and Mental Health Services. Call them in. That's what they're there for.

# Professionalism: Things to Keep in Mind

It's essential to clean up and monitor your social media accounts. Employers, the bar, and others are very likely to look at it eventually.

Treat professors, administrators, and staff with respect. Golden rule, always.

Keep your appointments.

Respond respectfully and promptly to emails as much as possible.

# Wellness: How to Keep Well

Take care of yourself in whatever way is best for you.

There are a million ways to do this, and you should be thinking about it as you enter into the school year.

In a fast-paced, high-intensity career like ours, we all need to take responsibility for ourselves and our well-being.

If that means you need to go to bed early or take a break from that reading, make that decision for yourself.

Snag notes from a friend on days when something has to give. The something shouldn't be your health.

# Mental Health

Just like taking medicine or seeing a doctor when you're feeling sick, you should reach out for help if you're experiencing psychological pain.



# Health Resources at HLS and Beyond

Dean of Students Office

Harvard Law School Wellness  
Website

HLS Thrive App

Harvard University Health Services  
(HUHS)

Law School Clinic in Pound Hall

Counseling and Mental Health  
Services (CAMHS)

Behavioral Health

The Office of Alcohol & Other Drug  
Services (AODS)

The Office of Sexual Assault  
Prevention and Response (OSAPR)

Harvard Center for Wellness

Bureau of Study Counsel

Harvard Chaplains

Student Parents

Lawyers Concerned for Lawyers  
(LCL)

LawLifeline

ABA Lawyer Assistance Programs

Lawyers With Depression

Association of American Law  
Schools—Section on Balance in Legal  
Education

HLS Accessibility Services

# A Few Notes about Specific Health Resources

## Harvard University Health Services (HUHS)

Smith Student Center  
75 Mt Auburn St  
Cambridge, MA 02138  
Phone (Available 24 Hours): (617) 495-5711

## Counseling and Mental Health Services (CAMHS)

4th Floor, Smith Student Center  
75 Mt Auburn St  
Cambridge, MA 02138  
Pound Hall: (617) 495-4414  
Smith Student Center: (617) 495-2042

## Dean of Students Office (DOS)

WCC 3039  
Phone: 617-495-1880  
dos@law.harvard.edu

## HLS Accessibility Services

WCC 3039  
Phone: 617-495-1880  
accessibility@law.harvard.edu

## The Office of Alcohol & Other Drug Services (AODS)

6th Floor, Room 657, Smith Student Center  
75 Mt Auburn St  
Cambridge, MA 02138  
(617) 496-0133

# Our Stories about Wellness

Each of us had to find what worked for us, and we're going to share a little bit about that process.

# Summary—Some Do's and Don'ts

DO enjoy your law school experience!

DO express yourself and your opinions!

DO build strong friendships and relationships with professors and staff here!

DO have other priorities besides law school!

DO continue doing things you enjoy!

DON'T make choices that aren't consistent with how you want to be viewed as a professional.

DON'T let anyone convince you there is one right way to do law school.

DON'T neglect yourself, your wellbeing, or your key relationships to succeed here.

DON'T hesitate to reach out and utilize resources as soon as you start feeling like you're struggling.







# Q&A

We'll start by answering the anonymous questions you all submitted.

Then, we'll open it up for more questions and comments from the floor.

# T1;dr

**OWN YOUR CHOICES**

**TAKE CARE OF YOURSELF**

**TAKE CARE OF EACH OTHER**

# But wait! There's more!

In the coming days, you will receive:

- A broad outline of the year to come, including events and explanations about things to look out for.
- A digital resource guide containing information on everything we just talked about, as well as things like TIX, class preparation, and the best restaurants/coffee shops in the area.
- Information about events in the next few weeks.

# We'll Be Back

...Or really we'll just always be around, so come ask us questions whenever

In addition to LRW, you can find us:

- At coffee hours
- In the BSA office! We have office hours that your individual BSA will publicize.
- Via email. And though you have one particular BSA, *all* of us are resources and are super happy to talk to you, whenever. We mean that seriously. They make fun of us in Parody for a reason.