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Greetings to the class of 2022! From the Center on Professionalism, welcome to Penn Law.

Over the next three years, you will develop the skills and substantive knowledge all effective legal professionals need to know. Penn Law’s faculty will teach you fundamental doctrinal law, our experienced Legal Practice Skills faculty will teach you how to communicate like a lawyer, and the Legal Clinics will allow you to put these skills to practical use to achieve tangible, client-centered results.

COP complements this world-class law-school experience and provides you with an array of professional-development programs fundamental to a successful legal practice. On Professionalism Day, you will be introduced to the programs COP will offer and major skills it will foster throughout the year. The day’s programs – professional headshots, the keynote address from James Sandman L ’76, meeting with your Professionalism Cohorts, attending your pre-selected afternoon panel / speaker presentation, and networking with esteemed alumni and student representatives – are the fertile grounds on which to grow your professional skills.

I joined the Penn Law community myself earlier this year, only a few months ago. Some of you attending Professionalism Day may feel the same way that I felt when I started at Penn Law: nervous about a transition, yet excited about the possibilities that awaited. I found – as I have no doubt you will similarly find – that Penn Law is stacked, from top to bottom, with thoughtful, collaborative, and caring people who want nothing more than for you to succeed. The principles of professionalism that we strive to impart to you are truly embodied by the Penn Law community. Over these few months, my nerves have dissipated, but my excitement about the programs we can offer to you has grown exponentially.

We hope that you will feel a similar excitement about the fantastic programming that we carefully designed to support your growth and evolution as you move toward practice. We also want to learn directly from you about your professionalism needs. We want to learn more about you and your interests, and our doors at COP are always open.

Congratulations again on your admission to Penn Law. We wish you only success in the journey ahead.

Joseph Glyn  
*Director, Center on Professionalism*

Claudia Toro  
*Assistant Director, Center on Professionalism*
FAQs About Penn Law’s Center on Professionalism (COP) 2019-20

What is the Center on Professionalism?
The Center on Professionalism supports Penn Law students by designing programs that will prepare them for success as professionals in an evolving legal landscape.

The mastery of the following skills are critical to success in any modern professional environment:

• Confident and Purposeful Communication
• Building Relationships
• Mastery of Executive Technology Skills
• Personal Productivity and Effectiveness
• High-Level Strategic Thinking
• Team Dynamics
• Self-Care and Resilience

Joseph Glyn and Claudia Toro are the dynamic duo who execute the Center on Professionalism’s programs.

Is COP programming mandatory?
Types of COP programming:

1. Mandatory: All 1L students must attend the Professionalism Day.

2. Professionalism Cohorts: In addition to Professionalism Day, students can attend Professionalism Cohort Meetings throughout the year and Penn Law Practices: Nuts and Bolts sessions during the spring semester of 1L year.

3. Other Opportunities: These COP programs are open to all students, take place throughout the year, and cover a variety of themes. These programs are not mandatory and registration is required. Seating for some programs is limited. Students will receive more information about each program by email.

Where can I find affordable professional dress?
A new lawyer’s professional wardrobe can take years to develop. To help get you started, Penn Law’s Center on Professionalism is teaming up with Career Wardrobe.

This partnership ensures that every Penn Law student has access to stylish attire that inspires confidence during fall recruiting, employer events and all other professional occasions.

To schedule a free style consultation and receipt of a complimentary suit or other professional attire, including shoes and accessories, simply follow these three easy steps:

i. Fill out a Career Wardrobe referral form.
ii. Schedule your appointment directly with Career Wardrobe.
iii. Take home your professional outfit.

Please email professionalism@law.upenn.edu if you would like to learn more about this opportunity and to receive an official referral form.
Meet the Center on Professionalism Team

Penn Law’s Center on Professionalism offers students original and integrated programming that supports the development of the skills that will allow them to provide complete and sophisticated professional services to their clients.

For more information please visit

[https://www.law.upenn.edu/careers/professionalism/](https://www.law.upenn.edu/careers/professionalism/)

Instagram: @PennLawCOP

Twitter handle: @PennLawCOP

Email: professionalism@law.upenn.edu

Joseph Glyn
Director, Center on Professionalism

Claudia Toro
Assistant Director, Center on Professionalism
Professional Headshot Opportunity

As you begin your legal career, you will need a professional headshot to use for employer webpages, LinkedIn profiles and other visual representations of your professional presence. One of our professional photographers will snap your photo and you will be sent proofs to use as you develop your professional identity.

Lunch and Keynote Address by James Sandman L’76

In an inspirational address, Mr. Sandman will discuss how to maximize professional and personal opportunities and a culture of inclusivity, reflecting on his own experiences as law clerk; associate, partner, and managing partner at one of the world’s great law firms; former president of the D.C. Bar; former General Counsel of the District of Columbia Public Schools; and, currently, as president of Legal Services Corporation.

Professionalism Cohort Meetings

Students join their cohort liaisons to learn more about the Center on Professionalism’s goals, the skills fostered by the Center and programming opportunities designed to help students hone those skills.

Professionalism Development Sessions

Please see agenda for your session selection or assignment. Students who pre-registered were asked to rank and students who didn’t register were assigned.

Session Options:

- Tips for a Successful Law School Journey with Penn Law Alumni
- Social Media for Lawyers with Tiffany Southerland L’11
- Alumni Career Journeys with Penn Law Alumni
- Untangling Fear and Being Your Authentic Self in Law School with Heidi Brown

Networking Reception with Penn Law Alumni

Enjoy a networking reception with your fellow students, current student group leaders and our alumni guest in the Goat. This is a great opportunity to start practicing your relationship-building skills.
Penn Law’s 1L Professionalism Cohort Program

During the 1L year, Penn Law’s Center on Professionalism engages new law students in a four-part program designed to introduce universally applicable principles of professional development. No matter which practice area you plan to pursue or which type of organization you hope to join after you graduate, each of these four sessions is designed to equip you with the skills you will need to excel as a professional and to add value to the organizations you will serve.

**Professionalism Day**
September 23, 2019

This day-long event introduces new students to the concept of professional development, previews the many opportunities to enhance professional skills throughout the year and offers an early opportunity to begin building relationships with upper-class students, members of the Law School administration and esteemed alumni guests.

**Building Your Narrative**
November 4, 2019

Engage in a variety of programs designed to enhance how you tell your story and share your experiences. Whether in your resume or in-person, the positive qualities that you present will be an asset to you.

**Lawyer Resiliency**
February 3, 2020

Being a lawyer can be incredibly rewarding and intellectually challenging. It can also generate obstacles that can ultimately make lawyers stronger. COP will host a variety of presentations designed to support law students in adopting a growth mindset orientation and fostering resilience in their academic and professional lives.

**Client Service Starts This Summer**
April 6, 2020

To prepare 1Ls to navigate some of the professionalism issues they might encounter during their early law school work experiences, COP offers this highly interactive session. Students will brainstorm approaches to hypothetical situations and will identify some of the best practices that will endear them to their employers and allow them to make the most of their summer.
Certificate in Technology

• Today’s lawyer is expected to be expert in professional technologies. In fact, the ABA’s Model Rules of Professional Conduct now require that lawyers “keep abreast of changes in the law and its practice, including the benefits and risks associated with relevant technology.”

• Earn the Center on Professionalism Certificate in Technology simply by participating in four of the following programs over the next 3 years and successfully completing skills audits:
  
  o  Microsoft Excel for the Legal Professional: Fundamentals
  o  Microsoft Excel for the Legal Professional: Intermediate
  o  Advanced Word for the Legal Professional: Litigation
  o  Advanced Word for the Legal Professional: Transactional
  o  Microsoft Excel for the Legal Professional: Advanced
  o  Adobe PDF for the Legal Professional

• Grow your professional skill set

• Highlight your tech competencies to potential employers

• Become more efficient in practice

• Enhance client service

• Add value to your employer’s organization

• Make your personal and professional life easier!
Penn Law Practices: Nuts & Bolts Series

This popular three-session, experiential programming series provides students with a realistic glimpse of the day-to-day legal practice of a junior attorney. Each session in the series will explore a specific practice area:

- **LITIGATION/DISCOVERY**
- **LAWYERING IN THE PUBLIC INTEREST**
- **CORPORATE TRANSACTIONS**

During each 75-minute session, practitioners will lead students through problems that simulate actual legal matters. These sessions are designed to support law students as they explore different practice areas and to provide students with a more sophisticated understanding of the junior-level work in these practice areas.

Dates and additional details for this Spring experiential series will be available after the New Year—watch your email for more details!
Penn Law Alumni Professional Development

Over the last three years, Penn Law Graduates of the Last Decade (GOLD) & The Center on Professionalism have worked to provide programming for alumni. These programs have explored the various transitions and needed skills required of a lawyer continually developing a portfolio and career goals.

**Lawyer Wellness**

John F. Hollway (C’92, MAPP ’18) is Associate Dean and Executive Director of the Quattrone Center for the Fair Administration of Justice at the University of Pennsylvania Law School. He will be presenting in Philadelphia on the impact of lawyer wellbeing and wellness regarding health, stress, and the value of understanding your personal wellness needs.

**Fireside Chat: A Career in Government**

We’ll journey to Washington D.C. to engage in powerful conversation on what it takes to succeed in a government career path. Join two alumni in this interesting “fireside” format as they question each other on their career journeys, the work they are doing now and their best moments of their career to-date.

**Leveraging Your Communication Style for Impactful Leadership**

As we work with our alumni in New York City, join us in engaging in the development of impactful leaders. This interactive and engaging professional development workshop will:

- Help you better understand your preferred communication style and its impact on your career, goals, and personal satisfaction
- Provide you the opportunity to practice assessing the communication styles of others
- Offer the opportunity to practice engaging, influencing and collaborating with other lawyers, colleagues and clients
- Connect you with a peer coach and accountability partner so you will continue growing as an effective communicator.

**Coding for Lawyers**

At this interactive program, alumni will be introduced to computer programming and begin learning the basics of coding. This program is for attorneys without previous coding experience, who want to learn technical coding skills and gain confidence to intellectually engage about tech issues.
Penn Law knows that wellness and mental health care are critical to your professional success. Whether its developing skills to manage stress productively, practicing healthy habits on a regular basis, or seeking out more specialized care when needed, Penn Law Student Affairs is here to help. Please be sure to join our community-wide programming throughout the year to learn more about how to strengthen your financial, physical, and mental wellness.

Among the many mental health care resources available to Penn Law students, one of the most used is our embedded CAPS counselor, Kyra Selwyn, PsyD. Kyra works with students to provide initial consultation, support, short-term counseling, and referral services. She holds office hours in the Law School two days a week. Kyra holds a doctorate and a master’s degree in clinical psychology from the George Washington University, and a bachelor’s degree in community health from Brown University. She completed her internship and postdoctoral fellowship at the University of Pennsylvania Health System/Pennsylvania Hospital, as well as a postdoctoral rotation at CAPS. Kyra has a wide range of clinical experience in a variety of settings, including university counseling centers, community mental health centers, hospitals and outpatient clinics.

We look forward to working with each of you to place health, resilience, and self-care at the forefront of what it means to be a lawyer.

Best,
Felicia Lin
Dean of Students
Dear Students,

Welcome to Penn Law! We are so excited for the opportunity to help you develop into outstanding lawyers. During your time at Penn Law, I hope that you will take advantage of the many services available to you from the Biddle Law Library.

The librarians at Biddle can help you become adept at legal research, navigating the different resources available to you, and learning to use your time efficiently – this includes identifying when you should seek assistance or guidance. These are all important professional skills that will help you in your career.

Whether you are working on a pro bono project, researching potential employers, tackling a summer work assignment, or writing a seminar paper, the library has many resources to help you. Be sure to check out:

- **Our library guides.** These guides are linked on the library’s homepage. The Practice Guidance guide should be especially helpful when you have a research task, such as for a pro bono project or your summer work and are unsure where to begin.

- **Library training sessions.** Throughout the year, Biddle librarians offer trainings on a wide range of topics that will be useful as you progress through law school. Some examples of sessions include researching international law, how to get published, and how to use the Bluebook. All sessions will be listed on the main law school calendar and the library’s website.

- **One-on-one consultations.** If you’re not sure where to begin your research, or need help with anything at all, stop by the reference desk or visit the library’s website to schedule an individual appointment with one of Biddle’s reference librarians. We can also answer your questions via email, chat, or telephone.

The Biddle Law Library can be an important partner for you in developing the skills that you will need in your future employment. Many of our librarians hold law degrees and have been in your shoes, and we can be a resource for you in any number of ways. Please reach out to us for anything you need!

Amanda Runyon

*Associate Dean and Director of Biddle Law Library*
Greetings!

At Penn Law we value inclusion and engagement across differences. The diversity of thought, opinion, people, and culture that you will find at Penn Law is essential to preparing you for legal practice in a diverse and complex world.

The Office of Inclusion and Engagement (I&E) seeks to cultivate and sustain inclusive excellence at Penn Law. Under the leadership of Arlene Rivera Finkelstein, Executive Director of the Toll Public Interest Center and Associate Dean for Justice and Inclusion Initiatives; Tobias Wolff, Jefferson B. Fordham Professor of Law and Deputy Dean for Alumni Engagement and Inclusion; and myself, I&E will collaborate with students, faculty, alumni, staff, the University, and industry experts to create, support, and promote programs and initiatives that explore issues of diversity, equity, and inclusion, while advancing our commitment to these values. We work to increase diversity in the legal profession and in our own Penn Law community, to advance equity by supporting those who are part of historically underrepresented groups, and to nurture inclusion by providing education, resources, and events that combat bias and foster collaboration to build a greater sense of belonging.

Student input and involvement is integral to helping I&E achieve its goals.

We hope you will get involved! This year, we will launch a Student Advisory Board for Inclusion and Engagement. More information will be forthcoming about the application process. Selected students will provide recommendations and feedback on new initiatives and emergent issues impacting our community. Even if you are not a member of the student advisory board please know that your ideas, suggestions, and feedback are welcomed and appreciated. Email inclusion@law.upenn.edu with comments, requests, and feedback.

We look forward to working together to ensure that our community reflects, values, and furthers increased diversity, equity, and inclusion in an increasingly diverse legal profession and world.

Best,
Monica E. Monroe

Associate Dean for Inclusion and Engagement
Welcome to Penn Law School! Our graduates enjoy a wide range of exciting legal careers and we look forward to partnering with you to identify your interests, understand the possibilities and achieve your career goals.

As you embark on your legal studies, we want to take a moment to introduce ourselves and let you know how and when you can expect to engage with our office. Our office includes 10 professionals with deep experience in career counseling and the legal profession, who are looking forward to supporting your journey as a lawyer.

Penn Law believes that it is critical for first year law students to focus on acclimating to the law school academic environment, especially during your first semester. Career activities should be primarily focused on gaining a general understanding of legal careers and the skills that relate to these career paths. We have structured our programs and services with this in mind.

In the next few weeks, you will receive an email from our office with an invitation to attend an Orientation to Career Planning in early October. This orientation meeting will give you a broad overview of the programs and services that our office offers, and the career development activities that you should be considering over the course of this academic year and beyond. After you attend this meeting, you will be able to schedule one-on-one meetings with our counselors to discuss your individual goals.

Once again, welcome to Penn Law! We look forward to meeting you soon!

Maureen Reilly
Assistant Dean, Office of Career Planning and Professionalism
Student Testimonials

Tanya Xu L’16

“Many talks take place during your 1L year, ranging from firm lunches to student panels. I found the Nuts & Bolts talks incredibly helpful in a different way. Nuts & Bolts Criminal Practice probably gave me a better idea of what the day-to-day life is like working as a public defender or prosecutor than any other conversation I’ve had. Hearing practicing attorneys’ perspectives and analyzing a real fact pattern was one of the most practical lessons I have received about the practice of criminal law.”

Aaron McKenney L’19

“The Center on Professionalism’s Certificate in Technology provided me with information and practical skills that will be invaluable to me in the fields of law and business. From learning how to organize data and publish graphs in Microsoft Excel to practicing how to navigate the intricacies of Adobe Acrobat, this program covers the full spectrum of functional skills necessary to complete the projects and reports that will be assigned during internships and upon graduation. I highly recommend this course to law students looking to get a jumpstart on their computer skills and sharpen their core technical competencies.”

Shaunee Morgan L’19

“Self-care and wellness is something I prioritized in my life before law school but finding the time to do all the foundational things like going to the gym, finding time to move around during the days, and checking in with my posture to make sure that I’m not constantly in a state of tension has been really difficult since classes started. The “Wellness and Balance” talk was a nice reminder that we have to intentionally continue to do the things that sustain our whole selves despite the stress of class now and our careers in the future.”

Emily Lubin L’19

“The Trial Practice Skills Bootcamp was an invaluable opportunity to learn about opening statements, direct and cross examinations, and closing statements from practicing attorneys. It gave me the chance to test my oral advocacy skills and receive important feedback on ways to improve. This program made me more confident in my ability to be a persuasive advocate. I appreciate the exposure to trial fundamentals that will help me to be a better lawyer for future clients.”
Networking Tips from the Center on Professionalism

• **Be genuine:** People want to meet you, so don’t try to be someone else. You want to be professional and respectful, but avoid trying to say things you think they want to hear. Instead, say things that you mean.

• **Treat people like friends:** Networking receptions can feel intimidating when you approach them to secure a job, get connections or achieve another major goal. Instead, think of receptions as a way to make new friends in your profession. Be warm, be interested in the other person, care about their opinions and express enthusiasm about staying in touch. Relationships grow from there, so don’t worry about accomplishing more than making one new friend.

• **Make fewer statements—ask more questions. Allow the other person to speak more than you:** You already know what you need to know about yourself, so take the opportunity to learn about others. You will leave knowing more about them and they will leave feeling positive about the interaction.

• **Actively Listen:** Ask follow-up questions, maintain eye contact, give your undivided attention, smile or laugh when appropriate, and maintain proper body language. Show your colleague that you are engaged and interested.

• **Don’t be afraid to join in:** Networking receptions aren’t private dinner parties. People want to meet more people, including you! Don’t be afraid to walk up to a group and join the conversation.

• **End conversations gracefully:** This can feel like one of the most awkward parts of networking, but it doesn’t have to be. Participants in a networking reception don’t expect you to stay with them during the entire reception. When you end the conversation, give a reason, tell them you enjoyed your conversation and be enthusiastic about keeping in touch. (“Well, it was so great to meet you. I’m just going to grab another bite to eat. Can we stay in touch?”)

• **Find a loner:** No one at a networking reception is standing alone because they want to be—if they did, they would be somewhere else! Go up and say hi. You’ll both be grateful to make a new friend.

• **Just say hello:** Sometimes the simplest approach is the best approach. If you are nervous about crafting a starter question, then don’t—just say hi! Introduce yourself and ask the other person about their work or interests.

• **Follow up on LinkedIn—be specific in your LinkedIn request:** Stay in touch with your new professional friends on LinkedIn. In your request, be sure you mention something specific you discussed so they remember who you are (“Hi, I’m Dave. I really enjoyed our discussion about our mutual interest in long-distance running during last week’s networking reception at Penn Law. I’d love to stay in touch.”) Be sure to update your profile with your new professional photo!
How to Start a Conversation

• Think of open-ended questions that allow the other person to provide more than one word answers.
• Pick benign subjects on which everyone has experience and opinions (weather, food, music, the event location).
• Keep it positive! When people feel happy about a conversation, they are more likely to remember the interaction in a favorable light. Avoid controversial topics in casual networking venues. If someone insists on discussing something negative and you are uncomfortable, gracefully end the discussion and move on to someone else.
• Start with a compliment that leads to a question (“That food looks good. What is it?” “I love those shoes. Where did you get them?”).
• People love to talk about themselves—to keep the conversation going, ask more questions about the other person. As they talk, listen carefully and think of follow-up questions. Resist the urge to share your own experiences and thoughts until they ask.
• If you don't know about something, ask! You are a new law student and no one expects you to know everything about the law. You can even use your unfamiliarity to start or cultivate a conversation. If someone mentions an unfamiliar term or practice area, ask them about it. You will demonstrate interest in this topic and learn something new. They'll be happy to tell you and will understand that you're just starting in your journey toward becoming a lawyer.

Sample Questions to Get the Conversation Going

• “Hi, I'm Carla. I just started at Penn Law. Do you have any advice for a new law student?”
• “What do you love most about what you do?”
• “How did you pick your practice area?”
• “What has changed in the legal industry since you started?”
• “What do you love to do when you have free time?”
• “What’s the most interesting legal issue you've encountered?”
• “What is your fondest memory from law school?”
• “What was your favorite law school class?”
• “If you could travel anywhere, where would you go?”

Above all, enjoy spending time with other people and be yourself! If you remember the tips above, you will be making new professional friends in no time.
Reciprocity Ring Exercise

Take a moment and think of something with which you need help. It can be anything—something that helps you academically (e.g., you need help understanding a concept from class or a recommendation for a good study tip), or a connection to a resource that will help you personally (e.g., you need information on the best laundromat in the area or you need someone to watch your pet during an upcoming trip). Write down your “need” and wait for further instruction. Be prepared to also listen carefully to your peers’ needs and think of ways to help them.

Something with which I could use help: ____________________________________________
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Notes about any oral responses to my request: _______________________________________
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Ways I can help my colleagues (take these notes while actively listening to the requests of others):

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“Hunt for the Good” Letter

Please take a few moments to write a note to yourself. Imagine you will review this letter one week from today. Reflect upon:

• How law school has been consistent with what you expected?
• How has it been different?
• How has your experience so far affected your feelings and assumptions about yourself?

Close your note with three big “wins” you have experienced since Orientation. Also share one way you'd like to improve over the next week.

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One week from today, review your note. What additional “wins” have you experienced since you wrote it? Have you made progress with the item you'd like to improve? Repeat the exercise regularly to strengthen your ability to “hunt for the good” while also focusing on constant improvement.

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Reframing the Stress Mindset

Reflect on a recent experience that caused you stress (argument with a friend, cold-called in class, an unpleasant family conflict). How did you respond to the situation? How did you react physically?

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“It turns out that how you think about stress is also one of those core beliefs that can affect your health, happiness, and success. Your stress mindset shapes everything from the emotions you feel during a stressful situation to the way you cope with stressful events. That, in turn, can determine whether you thrive under stress or end up burned out and depressed. The good news is, even if you are firmly convinced that stress is harmful, you can still cultivate a mindset that helps you thrive.”
—Kelly McGonigal, *The Upside of Stress: Why Stress is Good for You, and How to Get Good at It*

Take a moment and write a note to a friend who is experiencing the same stress you referenced above. What advice would you give to your friend? How could your friend respond differently to achieve a better result?

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Await further instructions from your liaisons.
Cognitive Reframing Exercise

Understanding how our thoughts can lead us astray (and how other thoughts can put us back on track) is a way to “learn how to separate skills [law students] use in their professional and private lives so that the pessimism necessary for academic success does not bleed into everything else.”

Consider the A-B-C process that can result in psychological consequences to an individual. An activity causes an individual to develop a belief and that belief results in a consequence. For example, answering a question incorrectly in class and being corrected by a professor (“Activity”) might cause the individual to conclude that she lacks the intelligence necessary to engage in the discussion (“Belief”). The result (“Consequence”) could be that the student withdraws from the class conversation and sacrifices the intellectual development she could enjoy by participating.

Spend a moment thinking about a recent experience you have had that caused you to develop a negative belief about yourself or about law school. Write down the details of the experience, including the belief the experience created in your mind. Finally, what was the consequence of that belief? Now, spend a moment reframing the “B” part of the process. In other words, is there a different, more positive belief you could have nourished in response to the Activity? How might shifting your belief have resulted in a different Consequence? How might you reframe your beliefs going forward to create better consequences?

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3 Todd David Peterson & Elizabeth Waters Peterson, Stemming the Tide of Law Student Depression: What Law Schools Need to Learn from the Science of Positive Psychology, 9 Yale J. Health Pol’y L. & Ethics 357, 398 (2009)
Staying In Touch with Your Values

Every law student arrives at law school for his or her own reasons. Studies have shown that over the course of the first year of law school, students can shift from pursuing a role in the legal profession for intrinsic reasons—reasons the individual finds to be enjoyable and interesting—to pursuing a role that is guided by extrinsic motivation—activity that serves as a means to an end rather than as an end, itself.5

As you near the end of your first year in law school, imagine yourself many years from now—on the day you will retire. Take a few moments to draft a retirement announcement—without mentioning the name of your employer or employers—that might be published about you. What would you want it to say? What did you enjoy about being a lawyer? How did your values align with your work? What were the highlights that made you most proud?

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In what ways can you take the first steps toward fulfilling this retirement announcement this summer and throughout your second and third years in law school? Are there ways in which you have moved away from these goals throughout your 1L year? How can you realign your actions with your goals?

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5 Id.
Bringing It Full Circle

Over the course of the past year, we have talked in these sessions about how the science of applied positive psychology can help you flourish as law students and soon as practicing lawyers. We also talked about the importance of social connection and of helping others to generate positive emotion and engagement in an experience. In addition to benefiting us, understanding the needs of others is also important in creating positive connections with clients and others whom we encounter as lawyers. Now is the perfect time to apply what you have learned this year and to help those who will follow your footsteps.

Take a moment to write a note to a Penn Law student who will begin his or her studies this Fall. What words of wisdom do you have for the student? What advice do you have on how best to weather the ups and downs of 1L year? How would you have approached the experience if you had it to do all over again?

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