

Mighty First Circuit

October 2010 Newsletter of the ABA Law Student Division 1st Circuit

Autumn Leaves

Dear Friends,

I stopped by the last campus farmers market of the season yesterday - winter is just around the corner! As you move into exam season and continue with your job research, the ABA Law Student Division will be right there with you. If you miss any monthly newsletters from the Division, you can catch up here:

<http://www.abanet.org/lstd/newsletter/home.html>.

Also, if you weren't able to make it, the conference in Philadelphia in early October was rockin! We had fantastic speakers, including **Sara Canuso**, President of [A Suitable Solution](#), who spoke to the conference about crafting excellent first impressions as part of her presentation, "From Campus to Corporate." Download follow-up materials from Sara here: 1) [Body Language](#) 2) [Attorney Color-Choice](#)

Until next time,

[Liz Bailey](#)

Governor, First Circuit
ABA Law Student Division

Report from Pam Sandberg Lt. Governor, Mental Health Initiative

The ABA recently enacted a Mental Health Initiative. As part of this movement, the ABA wants to help YOU, my fellow law students, find ways to manage the stress of law school. That's where I come in ...

As Lieutenant Governor of the Mental Health Initiative, my job is to raise awareness about mental health issues faced by law students and reduce the negative stigma associated with mental health. It is important to recognize that feeling anxious or depressed does not make you "crazy" – it makes you human. Law students experience anxiety and depression at *four times* the rate of the general population.

To help spread awareness, I will be providing various resources and tips throughout the school year in the ABA circuit newsletter. This month's resource is lawyer assistance programs. Every state (plus the District of Columbia, and many large metropolitan cities) has a lawyer assistance program. This means that, no matter where you attend law school, take the bar exam, or end up practicing law, there is

In This Issue

- **Report from Lt. Governor of Mental Health Initiative**
- **Professional Responsibility Resources**

WNEC Basketball Tournament on February 11-13, 2011

The 36th Annual Western New England College School of Law Basketball Invitational will take place on February 11-13, 2011. Entry deposits due by **November 1, 2010**. For more information on the competition and how to register, contact Katie Tonkovich at wneclawbasketball@gmail.com or go to www.wneclawinvitational.com.

Important dates in November

5th

[National Appellate Advocacy
Competition Deadline](#)
[Law Student Tax Challenge
Entry Deadline](#)

30th

[BarBri Scholarship Application
Deadline](#)

Your MFC Lt. Governors

Mike Saracino
Executive

Jay Patel
Diversity

Jenn Brady
External Communications

a lawyer assistance program in your state. Contact information can be found [here](#).

Look for pre-finals stress reduction tips and more resources to come! In the meantime, feel free to contact us with any mental health questions or concerns. I am here to help!

Sincerely,

Pamela Sandberg
Lieutenant Governor, Mental Health Initiative

MPRE and Beyond

Taking the MPRE in November, or thinking about taking it this year? The ABA Center for Professional Responsibility has a website dedicated to professional responsibility resources for law students and young lawyers. Check it out!

[ABA Center for Professional Responsibility](#)

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Internal Communications

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Pam Sandberg
Mental Health

Theresa Perkins
Public Interest

Jen Coliflores
Student Bar Associations

Will Turner
Strategic Planning

Ryan Cleckner
Veterans Advocacy

"Take a walk when autumn comes to town." - Van Morrison, *Autumn Song*