

Well-being Considerations: Preparing New Lawyers for the Transition from Law School to Practice

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- Introduction of the Project
- The Challenges
- Some Strategies

Transitions and Challenges

- Why the transition from law school to working in the law is so difficult
- Challenges both internal to the firm/organization and external to the practice of law and in life.
 - Various legal workplace challenges
 - Life challenges
 - Generational issues.

Strategies

- Promote & Model Emotional Well-being by Cultivating Awareness
- Practice Mindfulness
- Physical Activity
- Collaboration Over Competition
- Develop a Strong Support Network & Foster Inclusivity and Diversity

Support Systems and Resources

- Peer Support: Regularly Check in With Each Other
- Work-Life Balance
- Share Resources & Tips
- Recognize When to Seek Help & Take Time for Personal Care
- Focus on the Meaningful Work You Do/Mindset
- Conclusion