



7 Tips for Facilitating

Academic Success

Introductions



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How This Session Will Work

- Topic Introductions
 - Learning from Failure
 - Anxiety and Practice
 - Working Together
- Breakout Sessions
- Topic Take-aways



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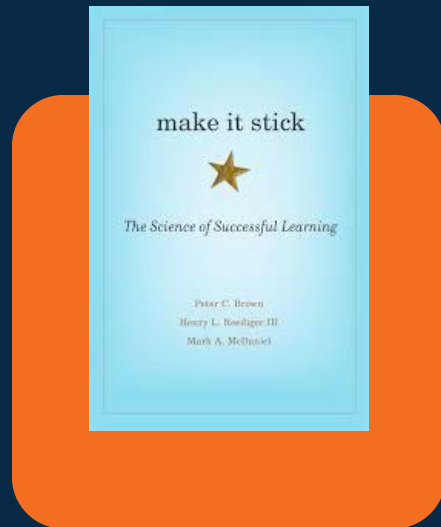
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LEARNING FROM FAILURE

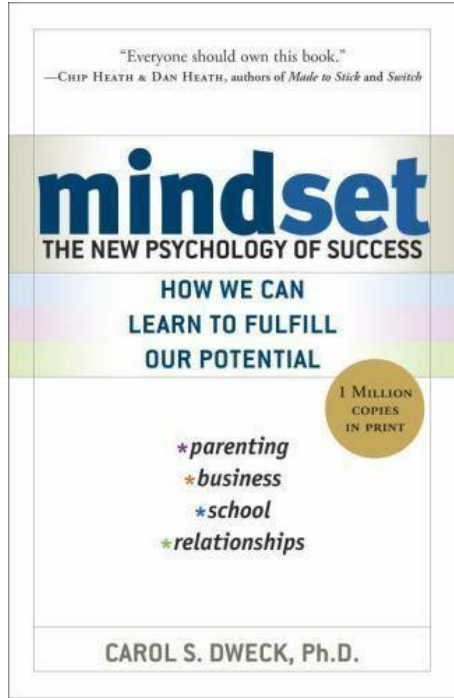
WHAT IS FAILURE?



WHY FAILURE IS IMPORTANT.



**WHEN YOU MAKE A
MISTAKE OR FALL
SHORT OF
A GOAL, YOU
HAVEN'T FAILED;
YOU'VE LEARNED.**



"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged" "I can either do it, or I can't"

"My potential is predetermined"

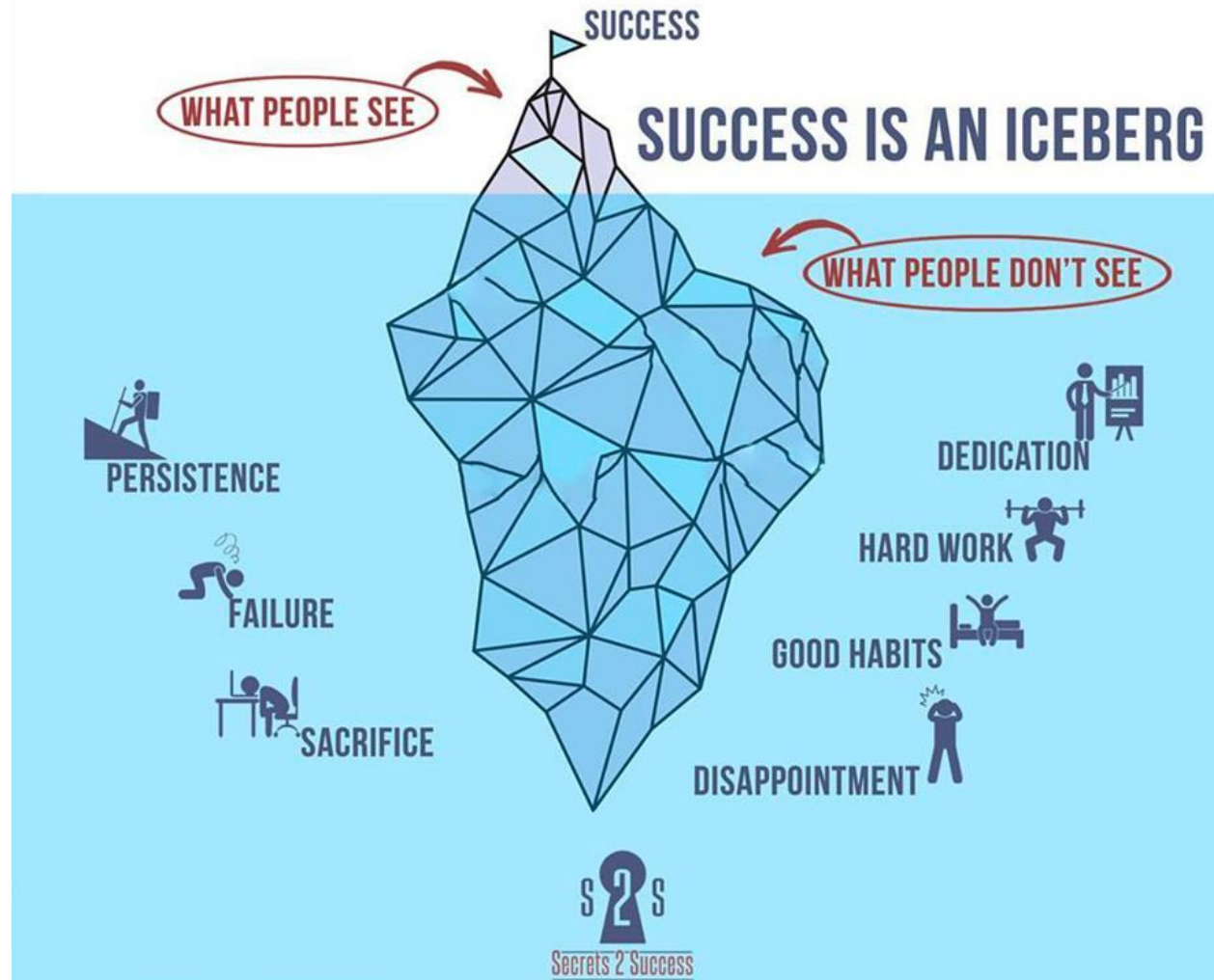
"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



THE ICEBERG ILLUSION



ANXIETY AND THE PRACTICE OF LAW

Class explores
anxiety in
graduate school

And links to
anxiety in
practice



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Class goal



To protect clients from harm



To create happiness and job satisfaction for the graduate



To help students improve learning



Course Description

This course has three main objectives: each student will:

- 1) understand that anxiety is a fear response that leads to negative talk and unwanted physical responses;
- 2) learn and implement at least one technique to combat anxiety to become a more effective law student and a happier lawyer; and
- 3) connect the response to anxiety with failure to properly attend to the needs of a client (ethics). Students will see law school anxiety as precursor to anxiety experienced by practitioners and will try new practices to reduce anxiety.



Course Structure

Week 1: Defining Anxiety

Week 2: Normalizing Struggle

Week 3: Taking Charge of your Time

Week 4: Restorative Practices: Mindfulness, Meditation and Yoga

Week 5: The Restorative Power of Sleep

Week 6: Test Anxiety

Week 7: Lawyer Happiness – a Plan to Build Optimism and Resilience

Weeks 8 – 15: Implement at Least One New Tool or Technique



ROADMAP FOR WORKING TOGETHER

Roadmap to Working Together for Student Success

- Assessment
- Allies
- Shared Mission/Goals
- Collaboration
- Measurable Outcomes
- Share the Success
- Modify



Assessment: Where are you and what are your challenges?

Identify context
and goals



Identify stakeholders:
include all who
impact student
experience



Determine if student
experience aligns
with goals



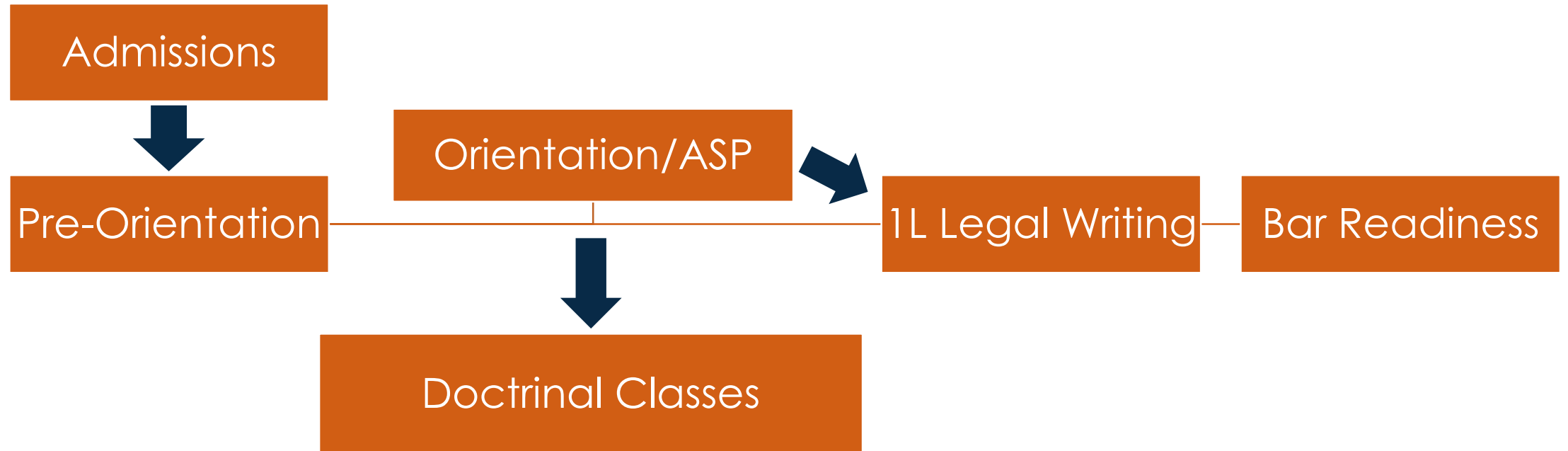
Engaging Allies: Development of ASP/Legal Writing/Doctrinal Projects



Collaboration: Natural Allies



Overview of Our Project:



Program Design Across Tenure



- Summer Skills
 - Diversity
 - Race based programs
 - LSAT/UGPA
 - Socio-economic factors
 - Generational status
- Orientation
- LW/1L ASP Professional Development course
- 1L second semester remediation seminar using Legal Writing/MPT/ASP
- 3L/LLM MPT Bar Readiness



LET'S DISCUSS!

Choose Your Breakout Room

- Look for the links in the Q&A panel.
- Learn from each other!



Room 1: Learning From Fear

1. Change the stigma of failure and ensure that students in our programs learn from the beginning that failure is part of growth.
2. Find ways to address self directed learning, growth mindset and imposter phenomenon.



Room 2: Anxiety and Practice

3. How to help students understand that anxiety is a fear response that is simply a part of learning something new, and how to overcome it.
4. Best tips to overcome test anxiety in high stakes testing.



Room 3: Roadmap for Working Together

5. Center efforts on students: Assess and acknowledge context, skills, and identities.
6. Identify stakeholders and resources.
7. Collaborate and make efforts ongoing and iterative.



Room 1: Learning From Fear

Room 2: Anxiety and Practice

Room 3: Roadmap for Working Together



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**WELCOME
BACK!**

Take-aways: Learning from Fear



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Take-aways: Anxiety and Practice



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Take-aways: Roadmap for Working Together



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Resources

- Brown, Peter C. (2014). *Make it stick : the science of successful learning*. Cambridge, Massachusetts: The Belknap Press of Harvard University Press
- Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Random House.
- Christopher, Catherine (2019). *Normalizing Struggle*. Arkansas Law Review. https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3378829
- Video from Trevor Ragan (Train Ugly) on Learning and Fear: <https://trainugly.com/portfolio/overcome-fear/>
- 10 Tips to Overcome Test Anxiety: <https://www.princetonreview.com/college-advice/test-anxiety>
- Tips and Tools for Test Anxiety: <https://learningcenter.unc.edu/tips-and-tools/tackling-test-anxiety/>
- Practices to Decrease Test Anxiety: <https://www.northwestern.edu/breathe/test-anxiety/>



THANK YOU!