

PracticeLaw|PracticeWell

1 message

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Fri, Aug 13, 2021 at 2:38 PM



PracticeLaw PracticeWell

August 13, 2021

Dear First Years,

Orientation week is just around the corner, and all of us at Georgetown Law are eager to welcome you to the community!

I hope you've had a chance to look at the current orientation schedule here: [J.D. Orientation Schedule](#). We are making final tweaks, so you should check back before Orientation begins on Monday, August 23 in case there have been changes.

With all that we all have been enduring through this pandemic, and with your journey in the law about to begin, I wanted to take this opportunity to introduce you to one truly unique and exciting aspect of orientation week and legal education at Georgetown: Our deep commitment to your well-being and growth as a whole person, not just as a promising legal mind.

I hope you will read on to learn about two specific aspects of this commitment below, as both are very important to your thriving as law school begins. The first is Georgetown's holistic approach to promoting your **well-being**, with a focus on the broad range of opportunities to explore this during Orientation Week and beyond. And second, I wanted to remind you of essential information about how to meet the university's **immunization requirements** so that we all can stay healthy as we start the school year.

I. PracticeLaw/PracticeWell

As you begin your journey in the law in this unusual year, you will discover that PracticeLaw|PracticeWell (PLPW) is not just the motto of the Office of the Dean of Students, but a core mission and distinctive aspect of Georgetown's approach to legal education.

Our faculty and staff are deeply invested in your development as a whole person – not just as a skilled legal technician. From your first days on campus, our faculty, upper-division students and staff will encourage your development of daily practices that enhance your well-being – practices that the profession now recognizes as integral to thriving as a student and lawyer.

These practices have never been more important than in our current circumstances. We are faced with ongoing uncertainty, and many of us have been experiencing energy drain - even exhaustion - after a year and a half of masking, social distancing and disruption of our usual routines. It can feel overwhelming at times. Investing in our health and our overall sense of well-being are critical to ensuring we have the resilience and persistence to meet these challenges successfully, not just this fall, but through the more typical stresses of life, school and law practice.

Throughout Orientation Week and beyond, we'll introduce you to PLPW's four key pillars of thriving in law school and beyond, with recommended techniques to enhance your capacity with each pillar. These are: 1) sustaining your physical, mental and emotional **energy**; (2) keeping a **healthy perspective**, especially when school or practice gets stressful; (3) nurturing your **relationships and** your place in **community**, even - and maybe especially - when law school gets super busy; and (4) discerning a path through school and into the profession that isn't someone else's vision for you, but your own **authentic path**, animated by your own unique strengths and values and goals.

PLPW Opportunities During Orientation Week

We are delighted to offer a series of optional orientation programs that will introduce you to PLPW before classes start. You can find a complete list of our Orientation PLPW activities below, and you can refer to your Orientation schedule found on the JD Orientation website and at the Welcome, Registration, and Financial Aid Session on Wednesday, August 25th. You are welcome to join us for as many of these as you like throughout Orientation.

Tuesday, August 24, 2021

- @ 12pm, Yoga, (Focus on Pillar #1, Energy)*- Library Quad (Rain Site: Sport and Fitness Center, limited capacity)

- @ 1:30pm, Mindfulness (Focus on Pillars #1, 2, Energy and Perspective) - Hotung Building, Room 2001: Hotung Dining Room

Wednesday, August 25, 2021

- @ 9am, Body Pump, (Pillar #1, Energy), Sport and Fitness Center
- @ 12:45pm, Defining Success in Law School: Your OWN Version, (Pillar #4, Pursuing Your Authentic Path), McDonough Hall, Room 202
- @ 1pm, Mindfulness (Focus on Pillars #1, 2, Energy and Perspective) - Hotung Building, Room 2001: Hotung Dining Room

Thursday, August 26, 2021

- @ 2:15pm, Defining Success in Law School: Your OWN Version, (Pillar #4, Pursuing Your Authentic Path), McDonough Hall, Room 202
- @ 3pm, Mindfulness (Pillars #1, 2, Energy and Perspective), Hotung Building, Room 2001: Hotung Dining Room

Friday, August 27, 2021

- @ 9am, Mindfulness (Pillar #1, 2, Energy and Perspective)* - Hotung Building, Room 2001: Hotung Dining Room
- @ 11:45am, Defining Success in Law School: Your OWN Version, (Pillar #4, Authentic Path) - McDonough Hall, Room 202
- @ 12pm, Yoga, (Pillar #1, Energy) - Library Quad*- Library Quad (Rain Site: Sport and Fitness Center, limited capacity)
- @ 1:30pm, Defining Success in Law School: Your OWN Version, (Pillar #4, Authentic Path) - McDonough Hall, Room 202

**Students are encouraged to bring their own Yoga mat. There will be a few available on a first come, first served basis.*

PLPW Opportunities this Fall

Once the school year begins, I hope you will take the time to learn more about our distinctive programming and resources to support your well-being, such as:

Our [Center for Wellness Promotion](#), which provides programming throughout the year, including a collection of [PLPW COVID-19 Wellness Resources](#) to support you during the pandemic, events for Law Student Mental Health Day in October, and collaborations with faculty, staff and student partners across the campus to help you develop the practices that will sustain you in school and law practice;

Community connections and individual support through the Peer Advisor program and other mentoring programs;

Individual and group fitness and personal training at the [Scott K. Ginsburg Sport and Fitness Center](#) (fall schedule available soon);

A range of opportunities for reflection and renewal, both spiritual and secular, through [Campus Ministry](#)'s programs.

The [Counseling and Psychological Services \(CAPS\)](#) office, offering in-person and telehealth counseling appointments throughout the year; and

[Student Health Insurance](#) coverage and benefits (please email any student insurance questions to shi@georgetown.edu)

II. Immunization Requirements for all Entering JDs

Part of staying well and thriving is staying healthy! That means in part meeting all university immunization requirements. **The deadline to submit these is September 1, whether or not you are living on campus.**

The information and documentation required, and the process for submitting it electronically, is found in the [GU Immunization and Health Information Database Portal](#). Becoming compliant may only require documentation upload; you may not need to visit a doctor to become compliant. Your documentation is typically confirmed within one week of upload.

If you have questions regarding your immunization records, you can send a secure message through the portal. This is the fastest way to get in touch with Student Health Services. Please also see the [FAQs](#) regarding immunization compliance, as well as the [video tutorials](#) on how to upload.

Meanwhile, we look forward to welcoming you all at Orientation on August 23!

Best wishes and stay well,

Mitch Bailin

Associate Vice President and Dean of Students



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