Preparing for EIW in addition to your professional and personal commitments may have you feeling a little overwhelmed—that's okay, you're definitely not alone. Managing stress is all about taking charge to relieve the pressure and regain control. Identify your sources of stress and look closely at your habits, attitude and excuses.

**Stress Management**

- Remember that you have successfully handled stress in the past. What worked for you then? Return to those methods and think about the positive coping tools that have worked for you in the past.
- Ask for support when needed and talk it out. Reach out to your support system: mentor, peers, Attorney-Counselor, colleagues, friends and family.
- Make self-care a priority...yes, you!
- Manage your time:
Download the EIW 2019 Google Calendar directly to your calendar.

- Follow the month-by-month checklist in the EIW 2019 Process Guide.
- If you feel stress levels are impeding your ability to function day-to-day, we strongly recommend seeking counseling support in your area. When you return to AA in the fall, remember CAPS and Dr. Reena Sheth are available.

We've gathered a variety of TED talks you might find useful as you prepare for EIW:

- Kelly McGonigal: How to Make Stress Your Friend
- Andy Puddicombe: All It Takes is 10 Mindful Minutes
- Susan David: The Gift and Power of Emotional Courage

Thought Management

In brief, thought management means noticing what you are saying to yourself and making a conscious effort to change those thoughts to ones that feel at least a bit better.

Stress does not come from our circumstances, but from our thoughts about those circumstances. We know this is true because two people in the same situation can have very different subjective experiences of that situation. Take two people on top of a mountain. An experienced climber could be feeling exhilarated and inspired. A person with a fear of heights is perhaps feeling terrified. The mountain climber may be thinking thoughts such as: "Look at this incredible view!" while the fearful person is perhaps thinking about the likelihood of falling.

So if you are feeling stress, try to identify the thought causing you the most upset. Perhaps it is something like: "I'm overwhelmed" or "I'm afraid I will fail." When you notice yourself having the thought, consciously choose to think a less stressful one. Make sure it's something you believe -- you probably can't jump right to: "Everything is fantastic!" But you could choose a more neutral thought, such as "I only have to do one thing at a time," or "I am doing all I can to prepare." Test out substitute thoughts, and see if you feel calmer when you think them. Much like meditation, this is an ongoing practice of noticing stressful thoughts and redirecting your mind. With practice, this will become much more automatic and can greatly alleviate stress.

Pass/Fail Considerations

We are getting many questions about whether to use a "pass" in the 1L elective course in
There is not one clear answer, but here are some factors that should bear on your decision:

- If using a pass raises your overall GPA by a significant amount such as a tenth of a point or more (say, from a 3.4 to a 3.5) then it can make a difference when interviewing with employers.
- If using a pass bumps your GPA from below a 3.0 to at or above a 3.0, that can be very beneficial as some law firms have a hard cutoff point of 3.0 for candidates.
- We generally don’t recommend using a pass/fail for any class that will be core to the kind of practice you intend to do although if the grade was very low, that may change the analysis.

The attorneys who interview you will have a range of reactions to using a pass. Some interviewers scrutinize transcripts closely and will ask about your pass, in which case you want to have a strong answer in response. Some will only glance at your overall GPA. You want to be prepared for any inquiries about your choice.

Michigan is among a minority of law schools that permit students to opt to pass a course after seeing their grade. So keep in mind that interviewing attorneys may think you made this decision prior to taking the exam.

If you are considering using a pass for your elective, you may wish to discuss the decision with your Attorney-Counselor.

**Reminders**

- Counseling appointments and EIW deadlines are scheduled for Eastern Time (EDT).
- Make sure your voicemail is professional and set-up to include your name (check your voicemail to make sure it's not full, too).
- Next deadline: Wednesday, June 26 - Deadline to submit resume for review by an Attorney-Counselor. This is required for all 2L participants.
- As a reminder, if you miss an email in this series, a PDF of each week's update can be found in the Archive section of the [EIW Student Site](#).

Questions? As always, please email us at lawcareers@umich.edu.

Have a great week!
Shannon Delecki
Manager of Recruitment Programs
sdelecki@umich.edu

Diversity, Equity, and Inclusion

Do you have feedback about Diversity, Equity, and Inclusion at the Law School? Click here to provide your thoughts to the Educational Environment Committee.

If you witness or experience conduct that discriminates, stereotypes, excludes, harasses or harms anyone in our community based on their identity (such as race, color, ethnicity, national origin, sex, gender identity or expression, sexual orientation, disability, age or religion) please report it to the University. Click here to report a biased-related incident.
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