

## Sign Up Now for Feb. 3-4 Conferences

The Levin College of Law will host two major legal conferences this week – and students, faculty and staff should register now for complimentary attendance.

### Data Security

To be held Feb. 3-4, “**Data Devolution: Corporate Information Security, Consumers and the Future of Regulation**” will draw legal scholars, privacy activists, industry representatives and others to discuss one of the most pressing issues in the law of technology – the security of personal information in corporate databases.

“Despite several statutes on the federal and state level to protect certain types of personally-identifiable consumer information, security breaches and the data crime economy are burgeoning,” Matwyshyn said.

Panelists will provide a broad overview of social problems associated with weak information security, Matwyshyn said, and will discuss paths governments can take on state, federal and international levels to stop the theft of personal data.



Two major conferences will take place on the law school campus this weekend. Students can attend both for free.

“It’s time companies start treating personal information about their consumers as more than just another corporate asset,” said panelist Lauren Gelman, associate director of the Center for Internet and Society at Stanford Law School. “This conference is an important step in determining the scope of the problem, assessing the success of corporate self-regulation and determining whether further privacy legislation is required.”

The conference will be held in the Chesterfield Smith Ceremonial Classroom. It begins at 1 p.m. Friday, Feb. 3, and continues all day Saturday, Feb.

4. The conference is free to UF law students, faculty and staff. To register, contact Barbara DeVoe at 273-0615 or [devoe@law.ufl.edu](mailto:devoe@law.ufl.edu).

### Music Law

If you want to learn more about the ins and outs of the music business – and hear demos from local bands – attend the **Fourth Annual Music Law Conference** Feb. 4.

The conference will feature panel discussions, a music expo, demo listening, mentoring sessions and a showcase at Common Grounds and Abbey Road.

The keynote speaker is

*Continued on Page 5*

### Black History Month Begins

The Black Law Students Association will kick off Black History Month Feb. 4 at Gainesville’s annual Kids Day celebration from 11 a.m. to 3 p.m. in T.B. McPherson Park at 1717 SE 15th St.

Kids Day features carnival and educational games for children. Law students will volunteer and organize some of the games at the event. If you would like to volunteer, contact BLSA President Byron Owens at [owensbl@ufl.edu](mailto:owensbl@ufl.edu).

Black History Month events are planned throughout February at the Levin College of Law. For details, see page 6.

### Apply Feb. 10 for Fall Abroad

Students have until Feb. 10 to apply for the law school’s Fall 2006 exchange programs, which allow participants to experience other cultures while learning valuable legal skills. This year the law school offers programs in: Montpellier University in Montpellier, France; Warsaw University in Warsaw, Poland; Pontificia Universidade Catolica in Rio de Janeiro, Brazil.

All programs run from September to December. For more information, contact Noemar Castro at 273-0629 or [castro@law.ufl.edu](mailto:castro@law.ufl.edu).

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# CAREER SERVICES

Hints to help you in the legal profession

## Scholarship Deadline Feb. 10

Continuing Student Scholarships (\$1,000-\$2,000) for second- and third-year law students are now available and listed along with eligibility requirements on the Financial Aid Bulletin Board on the concourse. (Current scholarship recipients are not eligible.)

Applications can be obtained from the Office of Student Affairs, 164 Holland Hall, and must be filed by 5 p.m. Feb. 10.

## The Path to the Florida Supreme Court

A judicial clerkship is a prestigious, paid position in which a law graduate is employed by a judge to assist with research, writing and review of opinions and orders, usually for a one- or two-year period. A clerkship is a great way to begin your legal career and opens many employment doors upon completion. It gives you the unique opportunity to watch the law as it is made, and to be a part of that process. You will be able to think about and discuss legal issues without the pressure of billable hours, and in most cases, you will be exposed to a wider variety of substantive legal areas than most attorneys' practices allow.

Judicial clerks see many different written and oral advocacy styles, giving you a chance to learn what is effective before you are on the firing line yourself. Government employers and law firms recognize the value of the experience gained in terms of well-honed research and writing skills as well as personal knowledge behind the scenes of the courthouse.

## Opportunities In State

Much attention is focused on federal clerkships, but there are many rewarding clerkships available at the state court level, where a number of clerkship opportunities are offered and judges often seek students with local ties.

For example, applications are currently being accepted for coveted positions with Florida Supreme Court Justices Kenneth



Florida Supreme Court Justice Raoul Cantero (left) Chief Justice Barbara Pariente and Justice Harry Lee Anstead hear arguments at UF's Moot Court Final Four. Clerking for a justice can be the perfect start to a career. Career Services can help you compete for a clerkship.

Bell (Summer 2006 opening), Peggy A. Quince (October 2006 opening), and R. Fred Lewis (August 2007 opening). These positions are expected to be for two-year terms. For details, go to the job bank on Symplicity.

Each Florida Supreme Court justice employs two elbow clerks, who typically serve staggered two-year terms. That way, the justice always has one fresh clerk and one experienced clerk.

Florida's intermediate state appellate courts, the courts of appeal, are divided into five districts with one court in each district. Each district has about a dozen judges who hire judicial law clerks. In Florida, judicial law clerks are rarely found at the trial court level in the circuit and the county courts. More typically, trial court staff attorneys assist a group of judges as needed.

Generally speaking, Florida Supreme Court justices and state

appellate court judges usually select their clerks late in the spring of the students' second year of law school, though some judges may delay the process until the following fall. Courts look to graduating third-year students and recent graduates to fill positions as trial court staff attorneys; because these openings are not for a set term, they tend to be less cyclical. Occasionally, judges need clerks to fill mid-year vacancies, but those opportunities are infrequent and can rarely be predicted in advance.

## Extern Advantage

It is not uncommon for the judicial clerk to have first completed a judicial externship for a judge who then hires the law student for the law clerk position upon graduation. To enhance your credentials, consider participating in the law school's Florida Supreme Court externship offering. Each

term, the law school is able to select one or two well-qualified students to spend the semester in Tallahassee at the Florida Supreme Court while earning credit for their experience.

These externs review and make recommendations on petitions for discretionary review, attorney discipline matters and extraordinary writ petitions. They also conduct legal research and prepare case summaries and legal memoranda. Externs have a rich opportunity to discuss legal issues and cases with justices,

staff attorneys and judicial law clerks. They also attend oral arguments and special lectures. This first-hand experience can provide you with insight to determine whether this is a career path for you.

Applications for the Florida Supreme Court externship are available in the Center for Career Services and Center for Governmental Responsibility. Completed applications are due at 3 p.m. Friday, Feb. 3, to Lenny Kennedy in CGR.

To explore other states' judicial

clerkships, check out *The Vermont Law School 2006 Guide to State Judicial Clerkship Procedures*. This 125-page directory, available in PDF for download, contains information on applying for state judicial clerkships in all 50 states at the supreme court, appellate court, and trial court levels. The law school subscribes to this on-line publication, so you can contact the Center for Career Services for the password.

## Career Services Programs This Week

### Interview Preparation Workshop

Assistant Director of Career Services Dexter Smith will share the nuts and bolts of the interview process in a workshop at noon Tuesday, Jan. 31, in the faculty dining room. He will explain how to properly prepare for initial and follow-up interviews and share tips on how to make yourself the best job candidate you can be.

### Interviewing From the Employer's Perspective

Come listen to Imogene Cathey, assistant general counsel for the University of Florida, as she discusses what every successful law student needs to know about the legal interview and impressing potential employers— all from the employer's perspective — at noon Wednesday, Feb. 1, in the faculty dining room.

### One Quick Question

Stop by the Career Services One Quick Question table on the concourse near the entrance to the Lawton Chiles Legal Information Center Thursday, Feb. 2, from 9:45-11:15 a.m. for answers to your questions about OCI, externships, mock interviews, resumes, cover letters, career development and more.

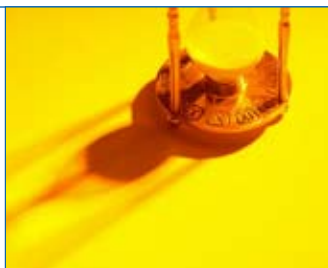
### Mock Interviews Begin Next Week

Career Services Attorney Advisor Annemarie Schuller, who previously worked for Jenner & Block in Chicago, will be available for mock interviews beginning Feb. 6. Take advantage of this outstanding opportunity to participate in an interview, followed by a 15-minute critique in which Schuller will provide suggestions and comments. If you want to go into the interviewing season with a little extra confidence, set up an interview now

by calling 273-0860 or stopping by the Career Services office.

### 'Job Goddess' Is Coming

Job-search guru Kimm Walton will return to the law school to speak Feb. 15 at noon in room 180. Known as the "Job Goddess" through her column in *National Law Journal*, Walton is the nationally acclaimed author of titles such as *Guerilla Tactics for Getting the Legal Job of Your Dreams* and *What Law School Doesn't Teach You: But You Really Need to Know*. Walton will be here to do her "Guerilla Tactics" presentation. Whether you're looking for a summer job, or your first permanent job after graduation, this seminar is a must, so mark your calendar. The program is co-sponsored by BarBri.



## Career Deadlines Approaching

Several important career-related deadlines are just around the corner. Check these dates against your calendar:

### Jan. 30

- Baker & Hostetler Minority Scholarship and Summer Law Firm Job applications due in Career Services
- Phase II OCI bidding closes
- Florida Bar Foundation Summer Legal Services Fellowship applications due

### Feb. 3

- Florida Supreme Court Externship Summer and Fall 2006 applications due, 3 p.m. in Center for Governmental Responsibility

### Feb. 6

- Phase III OCI bidding closes at noon

### Feb. 10

- Summer and Fall 2006 faculty-created externships due in Career Services

### Feb. 13

- Phase IV bidding closes

### Feb. 15

- Applications for HUD Legal Honors Program due



# EVENTS & OPPORTUNITIES

## Dean Jerry to Host Music Night

Got a hidden musical talent? Show it off at the upcoming Music Night, to be held Feb. 19 at the home of Dean Robert Jerry. All students and faculty are invited.

To participate, you must bring a dessert and agree to play an instrument or sing a song. A piano will be available. Each participant can bring one guest.

Space is limited. To register, stop by the Dean's Office and see Dorris Perron.

## Treasury Official to Speak

Acting Deputy Secretary of the Treasury Eric Solomon will speak on "The Tax Legislative and Regulatory Process" in the Graduate Tax Program Enrichment Speakers Series Feb. 10 at 11 a.m. in the Chesterfield Smith Ceremonial Classroom. Everyone is welcome.

## Peruvian Ombudsman Speaks Today

Jorge Santistevan, former Ombudsman of Peru, will speak on the topic "Civil Society and Human Rights: the Truth and Reconciliation Commission and the Defensoría del Pueblo in Peru" today, Jan. 30, at noon in the faculty dining room. This is a bring-your-own-lunch event with light refreshments served.

## Yoga Classes at New Time

Yoga classes at the Levin College of Law have been rescheduled for a new date and time. Classes will be held every Tuesday at 5 p.m. in room 355D. Remember to bring comfortable clothes and a yoga mat or large towel. Because the room can accommodate only 30 people, there will be a sign-in sheet, and classes will be available on a first-come, first-served basis. If you can't make it to these classes, contact the Student Recreation Center for their yoga schedule.

## SALSA to Meet

The Spanish-American Law Students Association will meet at 7:30 p.m. Wednesday, Feb. 1, at Emiliano's restaurant in downtown Gainesville. Everyone is welcome. For details, contact Christine Garcia at cmg0203@ufl.edu.

## Law Review Tutoring Begins Today

Members of the *Florida Law Review* conduct free tutoring sessions for all first-year classes beginning today, Jan. 30. All ses-

sions start at 5 p.m. For specific dates and room locations, check the *Florida Law Review* Tutoring TWEN Web page, where you can post questions or general topic areas you would like to cover in the tutoring session.

## JMBA Meets Today

The John Marshall Bar Association will meet today, Jan. 30, at 7 p.m. in room 285C. Everyone is invited.

## Meet the Toastmasters

Toastmasters meets today, Jan. 30 at 5 p.m. in room 285A. Everyone is invited.

## Labor Law Meets Today

The Labor and Employment Law Society meets at 6 p.m. today, Jan. 30, in room 285A.

## LSU Professor to Speak to Federalists

James R. Stoner, Jr., professor of political science at Louisiana State University and member of the National Council on the Humanities, will address the Federalist Society Thursday, Feb. 2, at 1 p.m. in the Bailey Courtroom. Stoner is the author of *Common-Law Liberty: Rethinking American Constitutionalism and Common Law* and *Liberal Theory: Coke, Hobbes, and the Origins of American Constitutionalism*.

## International Breakfasts Begin

The International Law Society will hold its first International Breakfast Thursday, Feb. 2, at 10 a.m. in the faculty dining room. Stop by for a free break-

## Win Trivia Contest

Last week, a lucky student won a year's supply of Ben & Jerry's ice cream by answering the Intellectual Property Trivia Question of the Week. (The winner correctly identified the supermarket as the revolutionary invention patented by Clarence Saunders in 1917.)

This week's winner will receive a surprise gift valued at more than \$100. Here's the question:

**Who received the first patent granted by the U.S. (Patent No. 1)?**

- a) John Ruggles, for a locomotive steam engine
- b) Thomas Edison, for the phonograph
- c) John Goulding, for an improved wool manufacturing process
- d) Alexander Graham Bell, for a device for "transmitting vocal or other sounds telegraphically."

E-mail your answer to [lptlaTrivia@yahoo.com](mailto:lptlaTrivia@yahoo.com). The weekly trivia contest is part of Intellectual Property Month, sponsored by the Intellectual Property and Technology Law Association.



fast (courtesy of Westlaw), meet global-minded classmates and learn about an interesting facet of international law.

## Republicans to Meet

The Law School Republicans will hold their first meeting of the semester at noon Tuesday, Jan. 31, in room 345. The group will discuss upcoming LSR

events as well as current political happenings.

## JLPP Welcomes Grade-Ons

The *Journal of Law & Public Policy* welcomes the following Spring 2006 Grade-on invitees: Jeffrey Allen, Lisa Blum, Kate Burnsed, Andrew Cheslock, Tiffany Cummins, Billy Dolence,

*Continued from page 1*

Robert Lind, the Paul E. Treusch Professor of Law at Southwestern University School of Law in Los Angeles. He will speak about the demise of record companies. Lind works as a consultant with record companies, music publishers, studios, production companies, museums and attorneys. He is an expert in intellectual property, entertainment, art, museum and media law.

Panel topics will include international publishing, Internet and guerilla marketing, dealing with contracts, copyright issues and ethics of the music business. Panelists include Stephen

C. O'Connell Professor Jeffrey L. Harrison; Visiting Professor Ulrich Loewenheim, president of the German Group of the Association Litteraire et Artistique Internationale; Brian Mecher, founder of the Music Law Conference; Cassandra Willard, a partner at Franklin & Willard who focuses on intellectual property and entertainment law; and David M. Sams (2L), owner of 1-2-3 Records, a label that has been releasing and distributing independent music since 1997.

The conference will be held in rooms 285A and 285B. It is free to all UF students with a valid

Jessica Furst, James Galloway, Craig Harris, Lee Hart, Shawn Jewell, Thomas Kesler, Edmond Lambert, Laura Lothman, Jason Marques, Jarrett Merk, John Oliver, John Paglio, Simon Rodell, Megan Ryan, Kelly Scott, Tania Sebastian, Drew Shenkman, Andrea Shwayri, Mario Simoes, Darryl Smith, Kristeen Witt and Olivia Zink.

## Writing Workshops Rescheduled

Lois Randolph's writing workshops have been rescheduled to room 285D on Wednesdays at 10 a.m. Dates are as follows:

- Feb. 1 - Paragraphing
- Feb. 8 - Sentence Structuring
- Feb. 15 - Punctuation
- Feb. 22 - Modification
- March 1 - Word Choice

Gator One card. Lunch is \$7. Conference check-in begins at 9 a.m. and the first panel begins at 10 a.m. Visit [www.musiclawconference.com](http://www.musiclawconference.com) for more information, or contact the director, Andrew Kanter, at [kanter80@ufl.edu](mailto:kanter80@ufl.edu).

Other major February events include:

- The Black Law Students Association Alumni Reunion, with a speech Feb. 23 by Florida Supreme Court Justice Peggy Quince
- Professionalism Symposium, Feb. 17



## Sheriff Oelrich to Speak to CLA

Alachua County Sheriff Steve Oelrich will discuss various local and state criminal law enforcement issues at a meeting of the Criminal Law Association at 5 p.m. Tuesday, Jan. 31, in room 285C. The event is being co-sponsored by the Law School Republicans, the University of Florida College Republicans and UF Pre-Legal Honor Society. Everyone is welcome. E-mail CLA President Bryon Carroll at [bryon322@ufl.edu](mailto:bryon322@ufl.edu) with any questions.

## Get FlaLaw Via E-Mail

Have *FlaLaw* delivered to your computer every Friday – days before the rest of the world sees it. Send an e-mail to [lockette@law.ufl.edu](mailto:lockette@law.ufl.edu) and ask to be added to the *FlaLaw* PDF list.



## Kennedy to Speak at Environmental Conference

Robert F. Kennedy, Jr. and former EPA administrator Carol Browner (JD 79) are just a few of the well-known guests who will be on hand for the 2006 Public Interest Environmental Conference March 9-11.

Timely environmental topics — global warming, children and the environment, beach re-nourishment, and rhetoric and the environment — will be debated by environmental heavy hitters, including Georgetown Law Professor Edith Brown Weiss, University of Maryland Professor Rena Steinzor, Tulane University Professor Oliver Houck, University of Houston Professor Marcilynn Burke and University of Virginia Professor Jonathan Cannon.

The conference is organized by the Environmental and Land Use Law Society, which is joining forces this year with the National Association of Environmental Law Societies and the UF Center for Children's Literature and Culture to create a more diverse schedule of panelists and speakers.

For more information, go to [www.law.ufl.edu/elulp/index.htm](http://www.law.ufl.edu/elulp/index.htm).

## Full Slate of Events for Black History Month

Black History Month begins Wednesday, and on-campus organizations have a full slate of events prepared for February. Whether you're interested in helping the less fortunate, passing the bar, meeting African-American leaders in the law or deepening your knowledge of black culture, there's an event you'll appreciate this month.

"History is important," said Adrian Jones, assistant dean for diversity and community relations. "Not being aware, we are ignorant of certain challenges we have faced and overcome. Black History Month is a celebration. Unless we appreciate what has been done, we cannot plan for the future."

The Black Law Students Association will kick off the month Feb. 4 with volunteer work at **Gainesville's Kids Day** (see page 1). "This is an opportunity to give back to residents and the community," said BLSA member Lee Glover.

**Attorney Kimberly Menchion** will talk to students, faculty and staff about her experiences as a young minority lawyer Feb. 8 at noon in the faculty dining room. Currently practicing in Tallahassee, Menchion will offer students the opportunity to learn about African American history and how it relates to her opportunities as an attorney.

The Virgil Hawkins Bar Association has organized a "**Beat the Bar**" test preparation class for students from various law schools throughout the state Feb. 11.



Members of the Black Law Students Association pose at the "Black for a Reason" event held in February 2005.

The Black Law Students Association will hold its annual **Culture on the Concourse** event Feb. 15 starting at noon on the law school concourse. An exhibition of African and African American literature, pictures and cultural artifacts, the event is one of BLSA's best-known Black History Month celebrations.

BLSA and the Association for Public Interest Law will serve **lunch at St. Francis House**, a homeless shelter in downtown Gainesville, from 9 a.m. to 2 p.m. Feb 15. Volunteers are still needed for this service project. To sign up, contact BLSA President Bryon Owens at [owensb@ufl.edu](mailto:owensb@ufl.edu).

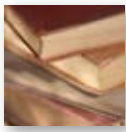
**Florida Supreme Court Justice Peggy Quince** will speak to students, faculty and staff at noon Feb. 23, in the Chesterfield Smith Ceremonial Classroom. Her speech is co-sponsored by BLSA and the American Constitution Society. All are invited to attend. A reception will be held

after the speech.

BLSA will hold its **Alumni Reunion Weekend** Feb. 24-25, helping BLSA alums connect with each other and with law students. This year's theme is "Light of the Past, Guiding the Future." Space for law students is limited, so sign up now. Registration costs \$40. The reunion includes the following events:

- A **gathering** at the home of Dean Robert Jerry at 7 p.m. Feb. 24.
- A **panel discussion about diversity in higher education** led by Dean Robert Jerry, Assistant Dean Adrian Jones and Director of Admissions Lewis Hutchison Feb. 25 at 8:30 a.m.
- A **speech by Linnes Finney**, president-elect of the National Bar Association, at a banquet culminating the weekend's events at 7 p.m. Feb. 25.

For more information, contact BLSA Alumni Reunion Chair Melanie Thompson at [Thompson@ufl.edu](mailto:Thompson@ufl.edu).



# PEOPLE

SCHOLARSHIP  
& ACTIVITIES

## Carolyn Bissonnette

### Law Student

- Recipient, American Law Institute-American Bar Association Scholarship. She will attend the ALI-ABA's annual Environmental Law Program in Bethesda, Md. Feb. 8-10.

sium. Jones presented his paper, "Competition Policy Dimensions of NAFTA and the EU."

## Patrick Shannon

### Associate Dean for Administrative Affairs



Shannon

- Quoted, *The Independent Florida Alligator*, Jan. 19. Shannon spoke about minority enrollment at the law school.

## Michael Allan Wolf

### Richard E. Nelson Chair in Local Government Law; Professor



Wolf

- Media Appearance, WCJB-TV, Gainesville, Jan. 23. Wolf spoke about the impact of *Roe v. Wade* on the anniversary of the decision.

## 'Politics of Inequality' Conference

UF and the University of Cape-town, South Africa, will host a joint conference March 5-7 in honor of the 100th birthday of Gwendolen Carter, a former UF professor who is considered one of the founding figures in African Studies.

Titled "The Politics of Inequality" – after the groundbreaking 1958 book that established Carter as an expert on modern African politics – the conference will feature distinguished political scientists, lawyers, international studies experts, diplomats, and poets.

Faculty and students are invited to attend. For more information, contact Samuel T. Dell Research Scholar Winston Nagan at [nagan@law.ufl.edu](mailto:nagan@law.ufl.edu) or log on to [law.ufl.edu](http://law.ufl.edu).



## See France Through Summer Study Abroad

Would you like to spend the summer in the south of France – while working on your legal education? Attend an informational meeting on the Levin College of Law's summer study abroad program in France, Wednesday, Feb. 1, at noon in room 360.

Held June 25-July 28, UF's study abroad program with **Montpellier University** brings students to France for one week in Paris, followed by one month in Montpellier, near the Mediterranean coast. The application deadline for this program is March 24.

## Clifford A. Jones

### Associate in Law Research, Center for Governmental Responsibility



Jones

- Speaker, King's College, University of London, Dec. 2, 2005. Jones presented his paper, "Nostradamus Strikes Again: A Premature Perspective on the EU's Green Paper on Private Enforcement."
- Speaker, Jean Monnet Chair/ Miami-Florida European Union Center of Excellence Sympos-

## UF Law to Build National Election Database

The 2000 presidential election made Florida synonymous with "disputed election" in the public mind. Now the Levin College of Law is helping build a database of state and federal election laws to assist government officials and the media in dealing with contested elections in the future.

Clifford A. Jones, an associate in law research at the Center for Governmental Responsibility, is one of the recipients of a \$285,000 contract from the U.S. Election Assistance Commission. He and Lynda Lee Kaid of UF's College of Journalism and Communications

are developing and will maintain the Election Law Resources Clearinghouse, an online database that will allow state election adminis-

**The project will employ a number of law students as research assistants. To find out more, contact Clifford Jones at [jonesca@law.ufl.edu](mailto:jonesca@law.ufl.edu).**

trators, the media and the general public to research election law free of charge.

The project will employ a substantial number of law students, Jones said. Anyone interested in working on the database should contact him at [jonesca@law.ufl.edu](mailto:jonesca@law.ufl.edu).

The U.S. Election Assistance Commission was created by the Help America Vote Act of 2002, following the difficulties the nation experienced in the wake of the 2000 presidential election.

Jones teaches Election Law and served as an expert commentator on Florida election law for NBC News during the 2000 election.

## Send Us Your News

*FlaLaw* is published each week school is in session by the Levin College of Law Communications Office. Please submit news of interest to the law school community by 10 a.m. Tuesday for the following Monday's issue to [lochette@law.ufl.edu](mailto:lochette@law.ufl.edu) or 273-0650.

- Tim Lockette, Editor, *FlaLaw*
- Kristen Hines, Photographer

## College of Law Administration

- Robert H. Jerry, II, Dean
- George L. Dawson, Associate Dean for Academic Affairs
- J. Patrick Shannon, Associate Dean for Administrative Affairs
- Lyrisa Barnett Lidsky, Associate Dean for Faculty Development
- Michael K. Friel, Associate Dean & Director, Graduate Tax Program
- Stuart R. Cohn, Associate Dean for International Studies
- M. Kathleen "Kathie" Price, Associate Dean for Library and Technology
- Gail E. Sasnett, Associate Dean for Students, Professionalism and Community Relations
- J. Michael Patrick, Assistant Dean for Admissions
- Linda Calvert Hanson, Assistant Dean for Career Services
- Adrian Jones, Assistant Dean for Diversity and Community Relations
- Jennifer Cope, Interim Assistant Dean for Students
- Debra D. Amirin, Director of Communications
- Donald J. Hale, Senior Director of Development and Alumni Affairs



# Learning to Relax

BY NICOLE STERN  
RESOURCE COUNSELOR

Most of you here at the law school experience stress from time to time, and for some it is relatively constant. For others, stress comes in short, intense bursts. Still others of you have learned some ways to help yourselves cope and take things in stride. This article will discuss stress and some helpful tools you can use to manage it.

Stress is what you feel when you react to pressure, either from outside (school, friends, family) or inside (wanting good grades, wanting to fit in). Stress is a normal reaction for everyone. A degree of stress is even healthy. Competition pushes you to succeed at things like sports, music, school and work. Deadlines force



Stern

you to finish projects on time. In extreme situations, stress can even protect you from danger. Too much stress, however, can make you miserable and harm your health. Fortunately, you can help yourself when you begin to feel overwhelmed or stressed.

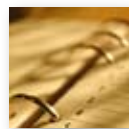
Try **progressive relaxation**, which involves tensing individual muscle groups throughout the body for several seconds and then releasing the tension – allowing the muscles to gradually relax. This will reduce your pulse rate and blood pressure as well as decrease perspiration and respiration rates. Muscle relaxation reduces tension and is incompatible with anxiety.

The next time you feel a surge of stress, try a few moments of **deep breathing**. Sit in a comfortable position and take deep, measured breaths, e.g., inhaling while counting up from 1 to 4; exhaling while counting down from 4 to 1. Do this 20-30 times

and you're sure to feel refreshed. Deep breathing aids in relaxation by increasing the amount of oxygen in the body and around the brain.

The final technique I recommend for reducing stress is **visualization**. If you, like most people, think anxious thoughts, you become tense. In order to overcome negative feelings, you can use the power of your imagination to refocus your mind on positive, healing images. Get into a comfortable position, close your eyes and visualize a scene or place that you associate with safety and relaxation. It doesn't matter what you visualize, as long as it's calming to you. As you relax your mind, your body also relaxes, thus helping you to refocus with a calmer, more relaxed sense.

For more ideas on relaxation or for information on the yoga class, please contact Resource Counselor Nicole Nicolaisen Stern at [Stern@law.ufl.edu](mailto:Stern@law.ufl.edu).



## CALENDAR

### January

- 30 **Jorge Santistevan**, noon, faculty dining room  
**Toastmasters**, 5 p.m., room 285A  
**Labor and Employment Law Society**, 6 p.m., room 285A  
**JMBA Meeting**, 7 p.m., room 285C
- 31 **Interview Preparation Workshop**, noon, faculty dining room  
**Law School Republicans**, noon, room 345  
**Sheriff Steve Oelrich**, 5 p.m., room 285C  
**Yoga Class**, 5 p.m., room 355D

### February

- 1 **Study Abroad Informational Meeting**, noon, room 360  
**Interviews from the Employer's Perspective**, noon, faculty dining room  
**SALSA Meeting**, 7:30 p.m., Emiliano's Restaurant
- 2 **One Quick Question**, 9:45-11:15 a.m., concourse  
**James R. Stoner, Jr.**, 1 p.m. Bailey Courtroom
- 3 **Data Devolution Conference**, 1 p.m., room 180

- 4 **Music Law Conference**, 10 a.m., room 285A & 285B  
**Data Devolution Conference**, 9 a.m., room 180

### More Dates Available Online

For more information on the dates and locations of upcoming meetings, check the calendar on the law school's website at: <http://www.law.ufl.edu/calendars/>.