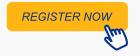
# **BUILDING RESILIENCE** CASE STUDIES ON STUDENT INTERVENTIONS & PSYCHOLOGICAL INSIGHTS

The University of Pittsburgh School of Law will host an inaugural conference on the law student experience and examine how we can promote mental health, well-being, and resiliency in students using psychologically based interventions. The objective of the conference is to convene a group of legal scholars and psychology researchers to discuss the ways in which we can craft inclusive learning conditions and to provide a grounding in psychology literature and research.

MAY 16-17, 2024 1-6 P.M. | 8 A.M.-1:15 P.M.

**University of Pittsburgh School of Law Barco Law Building, Room 419** 3900 Forbes Avenue Pittsburgh, PA 15260

PA CLE pending approval



The Fostering Resilience and Engagement Project Project was created to answer the long-standing call to change legal education-to improve the system to better accommodate students and help them maintain balance. Through the Project, we aim to improve student outcomes by using an approach that highlights the students' experiences and implements targeted, tailored, and well-timed psychological interventions that emphasize their voices and concerns.

We seek to improve students' experiences by creating healthier, more sustainable mindsets to approach both law school and their future careers. We hope to change the highly competitive, stressful culture that law school is known for by humanizing legal education through a robust collaboration between researchers and practitioners.

#### **KEYNOTE SPEAKER**

**Shannon Brady Assistant Professor of Psychology Wake Forest University** 

Shannon Brady is an assistant professor in the Department of Psychology at Wake Forest University and a Research Fellow



with the College Transition Collaborative. Her extensive research examines how people make meaning of their experiences and the consequences of that meaning-making for well-being, relationships, and achievement.

In particular, Shannon focuses on how institutional practices and messages-especially in education-can contribute to, or mitigate, inequality. She is one of the leading experts on students' psychological experiences of academic probation. Prior to graduate school, she was an elementary and middle school teacher on the Oglala Lakota Reservation in South Dakota.





## BUILDING RESILIENCE: CASE STUDIES ON STUDENT INTERVENTIONS & PSYCHOLOGICAL INSIGHTS CONFERENCE AGENDA

#### THURSDAY, MAY 16

**NOON-1 P.M. | WELCOME RECEPTION** 

Join us for lunch. We invite all attendees to visit our informational poster session.

1-2 P.M. | OPENING REMARKS

Ann Sinsheimer, JD, PhD Andrele Brutus St. Val, JD, LLM **University of Pittsburgh School of Law** 

Omid Fotuhi, PhD

LRDC, University of Pittsburgh

Fostering Resilience and Engagement in Law Students

Ben Bratman, JD

**University of Pittsburgh School of Law** 

Olwyn Conway, JD

Moritz College of Law

Failure is Always an Option: Building Resilience Among Law Students through Improv

2-2:15 P.M. | BREAK

## 2:15-3:15 P.M. | KEYNOTE Shannon Brady, PhD

**Wake Forest University** 

#### 3:30-4:30 P.M. | RESILIENCE AND PSYCHOLOGY PANEL

Nicole Appleberry, JD

**University of Michigan Law School** 

Building Law Student Resilience Through Dialogue

Mary Nicole Bowman, JD

Sandra Day O'Connor School of Law, Arizona State University

Resilience: Overcoming Emotional Barriers to Learning

#### 4:30-5:30 P.M. | PROJECT SHOWCASE: RESILIENCE AND BELONGING

Dr. Nancy Winfrey, PhD

Wake Forest University School of Law

Equipping Faculty to Integrate Character: A Workshop on Teaching Resilience

Brenda Gibson, JD

Wake Forest University School of Law

The Importance of Community in Addressing Trauma and **Building Resilience** 

Anne Mullins, JD

Kelley Thompson, JD

Stetson University College of Law

The Stetson Inns: Fostering Professional Identity Formation through Relationship-Rich Education

5:30-6:30 P.M. | RECEPTION

We invite everyone to join us for hors d'oeuvres and mingle with fellow participants

### FRIDAY, MAY 17

9-9:30 A.M. | BREAKFAST

Please join us for a complimentary breakfast and coffee/tea in the main lobby.

9:30-10 A.M. | KEYNOTE Victor Quintanilla, JD, PhD

**Indiana University** 

Can Coupling Psychological and Structural Interventions Promote Access to the Legal Profession?

10-10:30 A.M.

**Kevin Binning, PhD** 

**University of Pittsburgh** 

Creating Space for Conversations About Belonging

10:30-10:45 A.M. | BREAK

10:45-11:45 A.M. | MINDFULNESS PANEL

Lynn Su, JD

**New York Law School** 

Mindfulness: A Tool to Promote Resilience and Well-Being for Law Students

Allie Linsenmeyer, MEd

**University of Pittsburgh School of Law** 

Law School and the Imposter Phenomenon

11:45-NOON | BREAK

NOON-1 P.M. | SHOWCASE: CURRICULAR & **CLASSROOM INTERVENTIONS** 

Susan Tanner, JD, PhD

University of Louisville Brandeis School of Law Jessica Findley, JD, PhD

University of Arizona James E. Rogers College of Law Equipping Faculty to Integrate Character: A Workshop on Teaching Resilience

Natalie Netzel, JD

Mitchell Hamline School of Law

Teaching Resilience to Clinic Students

Patricia Winograd, JD

Loyola Marymount University Law School

Building Resilience & Well-Being in Law School: Individual & Community Resilience Work Through a Narrative Framework

1-2:15 P.M. | WORKING LUNCH

Sheila Confer, EdD Haley Hayden, MA, EdD University of Pittsburgh, Greensburg

Marcy Yonkey, MFA

Susan Graff, MS

University of Pittsburgh, School of Health & **Rehabilitation Sciences** 

Navigating Mental Health Together

2:15-2:30 P.M. | CLOSING REMARKS

2:30-3:30 P.M. | ROUNDTABLE DISCUSSION

All attendees are invited to attend our informal roundtable discussion of the posters, talks, and projects.





1-5 P.M.



8:30 A.M. - 1:30 P.M.



**Barco Law Building Room 419** 3900 Forbes Avenue Pittsburgh, PA 15260 Join us for as we explore the law student experience and examine how we can promote mental health, well-being and resilience in students using psychologically based interventions.

This spring, we will convene a group of legal scholars and psychology researchers to discuss the ways in which we can craft inclusive learning conditions and to provide a grounding in psychology literature and research.

About the Fostering Resilience and Engagement



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