



# **Bridging the Gap from Law School to Law Firm: Challenges and Opportunities that Can Last an Entire Career (LawyerPsychology.com Series) (Volume 1)**

*Jens Nasstrom, Paloma Capanna*

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Includes:

- - Tips for Graduating Law Students and New Lawyers; avoid the most common mistakes made by your peers!
- - 'What I Would Read if I Were in Your Shoes' for Graduating Law Students and New Lawyers
- - Recommendations for Senior Lawyers to Help Graduating Law Students and New Lawyers

Lawyering is not for the faint of heart, nor those short of nerve. The profession constantly ranks amongst the highest in rates of depression and other stress related afflictions. Understanding the manifestations of mental health issues and their underlying causes is a challenging but necessary endeavour for the profession. This work provides an in depth analysis at the harmful manifestations of stress in lawyers, and the underlying causes, many inexorable to the modern practice of law and the path necessary to get there. Further, it analyzes the gap between legal education and practice that leaves law students with an undoubtedly well-earned and broad knowledge set, but one that all too often lacks in preparation for the actual practice of lawyering. This gap is partly due to the dynamics of a modern law school, which produces expert test takers but not lawyers, and also a failure on the other side of the bar exam. It is crucial to understand that the emotional issues suffered by lawyers have a direct impact on their practice, and by extension, the treatment of their clients. This book seeks to target and address this issue.

While an overhaul of the billable hour is unlikely to occur anytime soon, many of the negative consequences that often result from this unit of measurement that strikes fear in the anxious hearts of law students everywhere can be mitigated in many ways. Law Students, Associates, Senior Lawyers, Partners, and Law-firms alike can become involved in efforts to address the long overdue issues of stress and depression so that both mental health and productivity can be saved. Beginning an orchestrated attack on these fronts can be an intimidating and overwhelming challenge for anyone and everyone affected. By providing an analysis of the issue, in addition to advice founded on sound scientific research, this book will prove to be a welcome resource for many in the industry who wish to be pro-active in targeting stress and its negative effects. This report will be of great value to hiring partners, HR at law firms, new lawyers, law students, teaching staff at law schools, and CLE specialists.

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Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Can be reading a book may be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled Bridging the Gap from Law School to Law Firm: Challenges and Opportunities that Can Last an Entire Career (LawyerPsychology.com Series) (Volume 1) can be great book to read. May be it is usually best activity to you.

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