

Law 427. The Law and Your Life: Aligning Personal Values with the Practice of Law / Fundamentals of Professional Development

Class meetings: Thursdays, 5p.m.-6:50p.m. in classroom 2483

No class on: Thursday, November 22, 2012

This is a pass/fail class. To receive a passing grade, the following is required:

- Attendance at 11/13 sessions
- Participation in class
- Journal entries (submission dates to be provided)

Textbook: Pink, Daniel H., *Drive: The Surprising Truth About What Motivates Us*

READING LIST (SUBJECT TO CHANGE)

Thu.	Sess.1	23-Aug	Semester overview. Review of law school admission essays; intro to values. READING <ul style="list-style-type: none"> • Personal essays for admission to law school (bring essay to class) • "Personal Aspirations, the 'Good Life,' and the Law," Tim Kasser, <i>Deakin Law Review</i> special edition on happiness and the law, (2005) • "Does Legal Education Have Undermining Effects on Law Students? Evaluating Changes in Motivation, Values and Well-Being" Kennon M. Sheldon, Ph.D. and Lawrence S. Krieger, J.D., <i>Behavioral Sciences and the Law</i>, 22:261-286 (2004)
Thu.	Sess.2	30-Aug	Values defined; Success defined READING <ul style="list-style-type: none"> • "On Being a Happy (And Successful) Lawyer," Stephen C. Ellis, Tucker, Ellis & West (Commencement, Case Western Reserve Univ. School of Law) • <i>Battling the Billable Threat: Transforming Practices: Finding Joy and Satisfaction in the Legal Life</i>, Steven Keeva • <i>Drive, The Surprising Truth About What Motivates Us</i>, Daniel Pink (pp.77-146) • <i>Breathe</i>, Adapted from <i>Integrative Medicine</i>, D. Rakel, W.B. Saunders, 2003

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Thu.	Sess.3	6-Sep	<p>What is stress? Management techniques</p> <p>READING</p> <ul style="list-style-type: none"> • <i>Why Zebras Don't Get Ulcers</i>, Robert M. Sapolsky, PhD • Rule #6 • What is Meditation? • The Meditative Perspective • "The Mindful Lawyer," Robert Zeglovitch, Esq. • Seeking Serenity: When Lawyers Go Zen, Amanda Enayati, <i>CNNHealth.com</i> • Summary of meditation research
Thu.	Sess.4	13-Sep	<p>Meditation: physiology, benefits, application to practice</p> <p>READING</p> <ul style="list-style-type: none"> • <i>The Contemplative Lawyer</i>, Leonard L. Riskin, 7 Harvard Negotiation Law Review (2002) • Corporate Law and Yoga: <i>Transforming Practices: Finding Joy and Satisfaction in the Legal Life</i>, Steven Keeva • "Meditation, A New Practice for Lawyers," Diane Curtis • "Lawyers turn to meditation to fight stress and improve performance," Craig Cormack, 2009 • <i>Law Practice Management Advisor: Lawyers Who Meditate Have Larger Brains, Less Depression</i>
Thu.	Sess.5	20-Sep	<p>Emotional intelligence; transformative listening</p> <p>READING</p> <ul style="list-style-type: none"> • An Inconvenient Truth: The Need to Educate Emotionally Competent Lawyers, Robin Slocum, Prof., Chapman University School of Law, 2011 • The Listening Practice, <i>Transforming Practices: Finding Joy and Satisfaction in the Legal Life</i>, Steven Keeva • "Transformative Listening: Invigorating your life with each conversation," Timothy Tosta, <i>Daily Journal</i>
Thu.	Sess.6	27-Sep	<p>Guest presenters: lawyers who use meditation in practice</p> <ul style="list-style-type: none"> • Guest lawyers: The practice of law and meditation • Guest speaker: Diana Winston, Director of Mindfulness Education, UCLA, Mindful Awareness Research Center

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Thu.	Sess.7	4-Oct	Nutrition for being a better lawyer READING <ul style="list-style-type: none"> • <i>The China Study</i>: Ch. 11, T. Colin Campbell, PhD • <i>In Defense of Food</i>, Michael Pollen • “Eat Your Veggies, Shake Your Ass,” Kris Carr • Nutrition for Being a Better Lawyer, handout
Thu.	Sess.8	11-Oct	Nutrition: FOOD, Inc. (in-class film) <ul style="list-style-type: none"> • Film: FOOD, INC.
Thu.	Sess.9	18-Oct	Nutrition: Intersection of food and values Online Lecture <ul style="list-style-type: none"> • Sugar – The Bitter Truth, Robert Lustig, M.D.
Thu.	Sess.10	25-Oct	Nutrition: Guest on health and nutrition
Thu.	Sess.11	1-Nov	Professional Development: job, career or calling? READING <ul style="list-style-type: none"> • “Job, Passion or Career?” <i>LA Lawyer</i>, Timothy Tosta • From Adversary to Healer: <i>Transforming Practices: Finding Joy and Satisfaction in the Legal Life</i>, Steven Keeva • Marketing and Business Development in a Post-Recessionary Climate • Handout to be distributed
Thu.	Sess.12	8-Nov	Professional Development: values applied; the emotions of money
Thu.	Sess.13	15-Nov	Guest lawyers, judge, will discuss practice and legal career options; begin student presentations
		22-Nov	Thanksgiving Holiday, no classes meet.
Thu.	Sess.14	29-Nov	Student presentations: Student-led discussion on integration of law practice and life
			No Final Exam: attendance, writing assignments and participation required for passing grade