

TLDR: Habits and routines are the foundation of success. This week, track the time you spend preparing for class. Sign up [here](#) if you'd like to discuss habits and routines with a Peer Advisor.

Dear Class of 2022,

Congratulations on completing your first full week of classes—1 week, 7 days, 168 hours down and in the books. Well done!

As a first year law student, you are required to attend class 18 hours per week this semester. Assuming you are able to sleep 56 hours a week ([and you should](#)), that leaves 96 hours to prepare for class and to live full, fun and engaged lives. **A common characteristic of people who thrive in life and at the practice of law is the capacity to efficiently manage time and balance priorities. A proven way for efficiently managing time and effectively balancing priorities is, you guessed it, the cultivation of [healthy habits](#) and [routines](#).**

What do we mean by a routine? By a routine we mean something you do on a regular basis that adds a sense of structure to your day and helps you accomplish the task at hand or prepare for the task ahead. For example, a routine could be something as simple as going to bed and waking up at the same time every day. First thing in the morning you might decide to read or make journal entries. You could take a thirty-minute walk around Harvard Square after your last class to clear your mind and recharge your battery. Or it could mean [deciding not to access the internet](#) or check one's phone while reading cases in order [to focus solely on reading cases](#).

Intrigued by the power of habits and the promise of routine? Want to join us in cultivating both? If so, here are three things you can do to get started:

1. **[This week, track your time](#).** This is different than planning your time for the week. For starters, write down the time spent preparing for each class, as well as the time you spent on extracurricular activities this week.
2. **[Make a list of priorities](#).** After you have completed your week's research on how you spend your time, prioritize what's most important and check that against the amount of time you spent on each activity.
3. **[Sign up here](#).** If you are interested in learning more about the habits and routines that Peer Advisors are working on; we'd love to meet with you and work with you!

Good luck this week. Be in touch if you have any questions about anything at all—you can reach us by clicking on the Peer Advisor tab in Amicus. And don't forget to sign-up if you would like to talk more about building a solid foundation on habits and routines!

Your Peer Advisors