

Mitchell Hamline Summer BINGO – Recent Graduates

Brought to you by Academic Excellence, Career and Professional Development, and Student Services

Hello,

We hope that you have begun settling into summer well, and we are writing to invite you to participate in the Mitchell Hamline Summer BINGO initiative brought to you by Academic Excellence, Career and Professional Development, and Student Services. By participating you would be completing at least 25 of the listed activities meant to benefit you academically, professionally, and/or your overall health and wellness. You will receive a prize or be entered into a drawing once you have successfully blacked out your BINGO board.

How to participate:

1. Send an email to student.services@mitchellhamline.edu by June 10 2020 to let us know that you are participating. The number of people that participate may inform how the prizes or drawing operates.
2. Below you will find a blank BINGO board and a list of activities that you can choose from to fill out the board. Please print this board and activities list.
3. Choose at least 25 of the listed activities, ensuring to select at least 3 from each category.
4. Complete each activity, writing the corresponding number in the square and sharing a specific, relevant detail (for example: if you attend a CLE, please write in the name of the CLE).
5. Once the entire board is filled in, take a photograph or scan the completed BINGO board and email to student.services@mitchellhamline.edu. You have until July 31, 2020 to complete the board.

Thank you for considering participating, and happy summer to you all.

On behalf of Academic Excellence, Career and Professional Development, and Student Services.

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Academic Activities:

1. Complete a study schedule for the bar exam
2. Tell your family & friends you will have little availability during the months/weeks you are studying for the bar exam
3. For July exam takers – maintain an 80%+ completion rate in your commercial bar exam course
4. Meet at least once with a [bar exam tutor](#) from the Office of Academic Excellence (<https://agresso.mitchellhamline.edu/MHSLTutoring/StudentAccess/stuAppForm.aspx>)
5. Watch “[How to Make the Most out of Your Commercial Bar Prep Course](#)”
6. Watch “[How to Use IRAC to Get Points on the Bar Exam](#)”
7. Watch “[How to Earn the Most Points on the MPT](#)”
8. Academic Excellence: Free spot

Professional Development Tasks:

9. Update your LinkedIn profile
10. Update your legal resume and send it to your career counselor for feedback
11. Meet with your career advisor
12. Meet with a lawyer to discuss the impact of remote work on their clients or business
13. Have an informational interview with a practitioner
14. Make a list of 10 professional contacts who could help you learn about an area of the law that interests you and set a goal to contact at least two of them
15. Attend a Career and Professional Development program
16. Read an article about a legal event or area of law that interests you
17. Attend a CLE in an area of law that interests you
18. Connect with a classmate to discuss your job search/plan and support each other as you create action steps
19. Check out the nuts and bolts series and tip sheets available on the Career and Professional Development website
20. Professional Development: Free spot

Health & Wellness Activities:

21. Write a card of appreciation and send it to the person or read it aloud to them. Video Inspiration: [An Experiment in Gratitude](#), (<https://www.youtube.com/watch?v=oHv6vTKD6>)
22. Listen to a podcast about a topic of interest. What podcast did you listen to and would you recommend it?
23. The Law Librarians at the University of Washington created virtual escape rooms, which you can try to escape on your own or with a group: [Legally Trapped](#) (A Legally Blonde adventure), [My Cousin Vinny](#), [Creating a Constitution for Animal Crossing](#). Choose one to try out. Which one did you choose and how long did it take you to escape?
24. Participate in Yoga via Zoom at least once: You are invited to participate in yoga every Monday at 2:30pm. To join the group, please use this [Zoom link](#) (<https://zoom.us/j/718296744>). These free yoga sessions are brought to us by the Karuna Community MN.
25. Read a chapter of a book for fun. What book did you read, and would you recommend it?
26. Breathe for better sleep. Read about [9 Breathing Exercises for Sleep](#) (<https://www.healthline.com/health/breathing-exercises-for-sleep#takeaway>). Pick a technique to try before sleeping for five nights. Which breathing exercise did you choose? Did you notice a difference in your sleep?
27. Take note of what remains constant. With so many changes, what remains the same? Hold on to routines and use them to maintain some stability. Regular meal and bedtimes are just two examples of ways we can make our world feel more predictable.
28. Offer support/assistance to others. Perhaps offering to pick up groceries or necessities or calling/messaging a neighbor who lives alone. Sometimes a friendly voice of reassurance over the phone can make a world of difference in someone’s day. What help did you offer?
29. Health and Wellness: Free spot