## Contents

	List of figures List of tables Notes on contributors Acknowledgements	vii
	Introduction RACHAEL FIELD, JAMES DUFFY AND COLIN JAMES	1
1	Valuing Persons and Communities in Doing Wellness for Law Well STEPHEN TANG	8
2	Towards an Integrated, Whole-School Approach to Promoting Law Student Wellbeing WENDY LARCOMBE	24
3	The Persistence of Distress PAULA BARON	37
4	Law Student Lifestyle Pressures ALEX STEEL AND ANNA HUGGINS	50
5	The Relationship Between Class Participation and Law Students' Learning, Engagement and Stress: Do Demographics Matter? ANNA HUGGINS AND ALEX STEEL	67
6	Vitality for Life and Law: Fostering Student Resilience, Empowerment and Well-Being at Law School	79

JUDITH MARYCHURCH

vi	Contents	
7	Resilience and Wellbeing Programmes: The Practical Legal Training Experience JUDY BOURKE AND MAXINE EVERS	93
	JODT DOORRE MAD WAARDE EVERS	
8	Resilient Lawyers: Maximizing Well-Being in Legal Education and Practice	108
	COLIN JAMES	
9	Using Peer Assisted Learning to Develop Resilient and Resourceful Learners PENELOPE WATSON	120
10		
10	On Being, Not Just Thinking Like, a Lawyer: Connections Between Uncertainty, Ignorance and Wellbeing TONY FOLEY AND STEPHEN TANG	132
11	Balance and Context: Law Student Well-Being and Lessons From Positive Psychology	145
	JAMES DUFFY	
12	Connecting Law Students to Health and Wellbeing MOLLY TOWNES O'BRIEN	158
13	Contemplative Practice in the Law School: Breaking Barriers to Learning and Resilience PRUE VINES AND PATRICIA MORGAN	169
14	Harnessing the Law Curriculum to Promote Law Student Well-Being, Particularly in the First Year of Legal Education RACHAEL FIELD	181
15	Beyond the Curriculum: The Wellbeing of Law Students Within Their Broader Environment	192
	HELEN M. STALLMAN AND JAMES DUFFY	
16	<b>Dealing With Resistance to Change by Legal Academics</b> NICK JAMES	204
	Index	