

# Professional Identity Formation and Well-Being Resources

## Relevant Law School Courses

- Mindfulness in Law Practice: This class is an introduction to the benefits of incorporating contemplative practices and mindfulness into the study and practice of law.
- Professional Identity Formation and Well-Being: This course is designed to help students prepare for their legal careers by exploring how their professional identities will be developed over the course of their law school career; the professional role of the lawyer and types of lawyering; dimensions of personal well-being, and how maintaining well-being impacts law school and practice; how to relate to an increasingly diverse profession and clientele, and other topics related to preparing for professional success in law school and practice.

## Articles, Books, and Guides

- R. Lisle Baker, Exploring Well-being Practices as Part of Law Student Development of a Positive Professional Identity, 58 Wake Forest L. Rev. 821 (2023) (discussing how law students' character and fitness can be developed through well-being practices to develop a positive professional identity)  
<https://www.wakeforestlawreview.com/wp-content/uploads/2024/04/58-Wake-Forest-L.-Rev.-821.pdf>
- R. Lisle Baker & Peter Scott Campbell, Louis D. Brandeis and the Formation of a Positive Professional Identity, 54 Suffolk U. L. Rev. 275 (2023) (discussing former Boston lawyer and Supreme Court Justice, Louis D. Brandeis, in terms of the values, guiding principles and well-being practices that were important to his positive professional identity, such as his compassion and courage, as well as his relationships, engagement, vitality, achievement, meaning, and positive emotions)  
<https://heinonline.org/HOL/LandingPage?handle=hein.journals/sufflr56&div=15&id=&page=>
- R. Lisle Baker, Integrating Positive Psychology into Legal Education, 48 Southwestern L. Rev. 295 (2019) (summarizing national conferences on this topic held at Suffolk University Law School in 2017 and 2018 by organizing the participant presentations thematically around some of the important features of legal education (critical thinking, competition, independence, diligence, & professional values) and how to complement those features in ways to enhance the well-being and success of students, as well as the legal educators who teach them; also supplemented by links to the written materials prepared by the participants in the Conferences so that readers of the article can dive deeper into a specific presentation and find additional resources). [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=3745924](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3745924)
- R. Lisle Baker, Designing a Positive Psychology Course for Lawyers, 51 Suffolk U. L. Rev. 207 (2018) (pedagogical choices involved in grounding students in positive psychology insights to help students take advantage of opportunities for more meaningful and ethical service, improved performance and well-being, and greater resilience in the face of challenges of the profession). [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=3271713](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3271713)
- Shailini George, The Law Student's Guide to Being Well and Doing Well (Carolina Academic Press 2021).
- SJC Standing Committee on Lawyer Well-being, Subcommittee on Legal Education, [A Guide to Law Student Wellness and Well-Being](#)

