

Success in law school is not just about grades — it is also about organization and well-being

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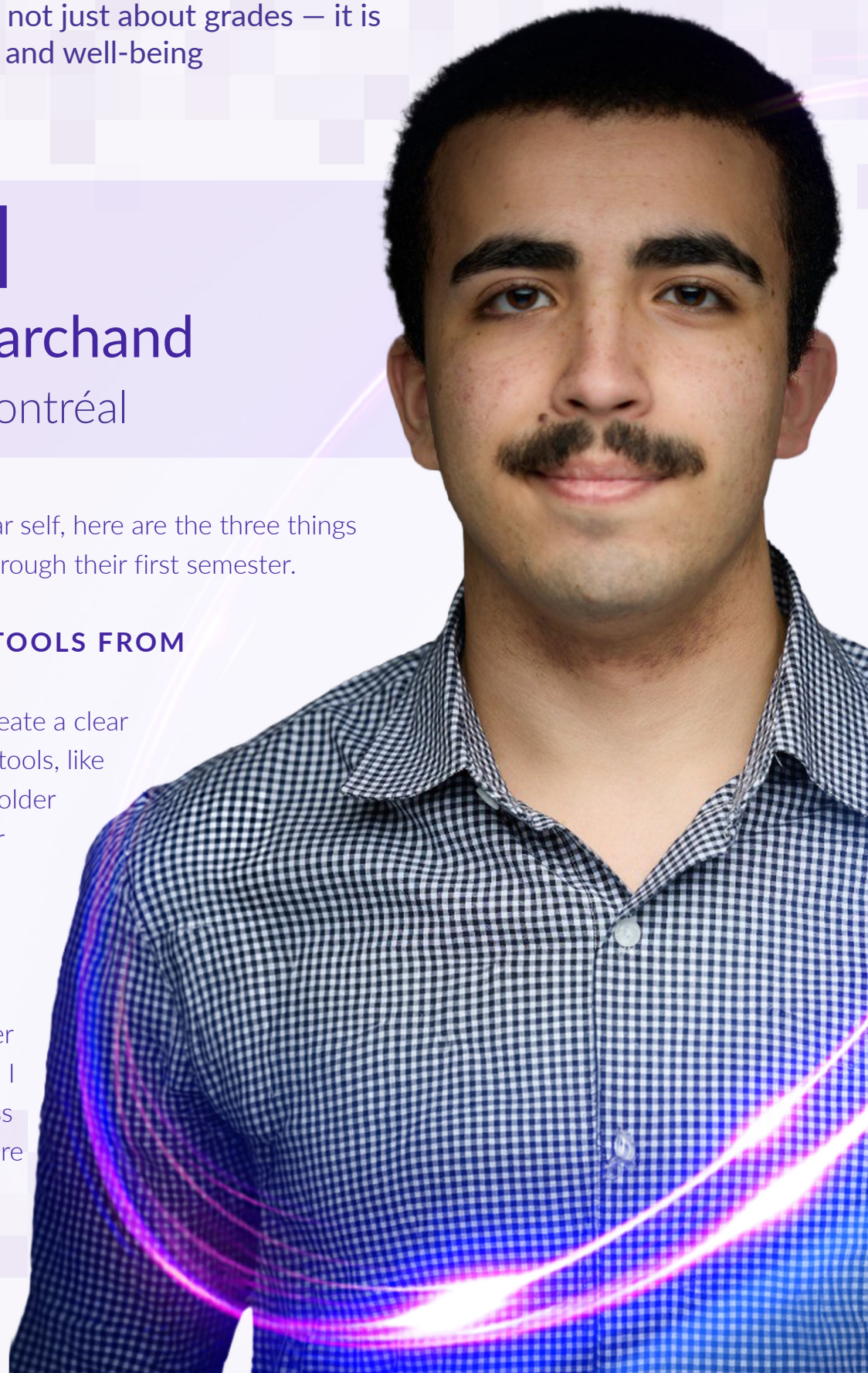
## Ouazragh Marchand

Université de Montréal

If I could talk to my first-year self, here are the three things I'd tell them to better get through their first semester.

### **SYSTEMATIZE YOUR TOOLS FROM THE START**

From the very first week, create a clear structure in your university tools, like OneDrive. I start with one folder per course, then a subfolder for each class session. For each subject, I create three subfolders: one for the midterm exam, one for the final exam, and one for other relevant documents. Finally, I have a Word file called “class notes” for each course, where I copy the course outline, and a separate “readings” file where I list everything I



need to do for each class.

This organization has saved me a lot of time searching for documents and has let me focus on the substance, not on organizing files. Don't forget to fully use the tools offered by LexisNexis: take the time to really understand legal research and AI features (like Protégé) to save time on assignments and exams.

## **VISUALIZE YOUR SEMESTER WITH A PRIORITY CUE CARD**

I learned to make a small lined cue card, like a quick reference sheet, where I write, for each exam: the course, the weight (%), the date, and the time. I keep it clearly visible, right under my home computer screen, so I always know what's most urgent. This helped me avoid feeling overwhelmed by the workload and allowed me to allocate my time more strategically. When you clearly see what matters most and when, it becomes easier to say no to distractions and stay focused on what moves you forward (removing Instagram from your phone and only checking it on your computer doesn't hurt either!).

## **THINK ABOUT YOUR PHYSICAL COMFORT AND WELL-BEING**

In class, I started using a laptop stand (a fabric one) to get a more ergonomic posture. This habit might seem small, but it makes a big difference over time: less neck pain and more energy to stay attentive. More broadly, I'd tell my first-year self not to neglect well-being: plan regular breaks, move around often, and find time outside of law school to recharge. Law school is demanding, but you'll succeed better if you take care of yourself, not just your grades.

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