

The students who thrive aren't necessarily the ones who grind the hardest, but those who learn how to use the right tools, develop repeatable systems, and take care of themselves along the way.

# JONAH

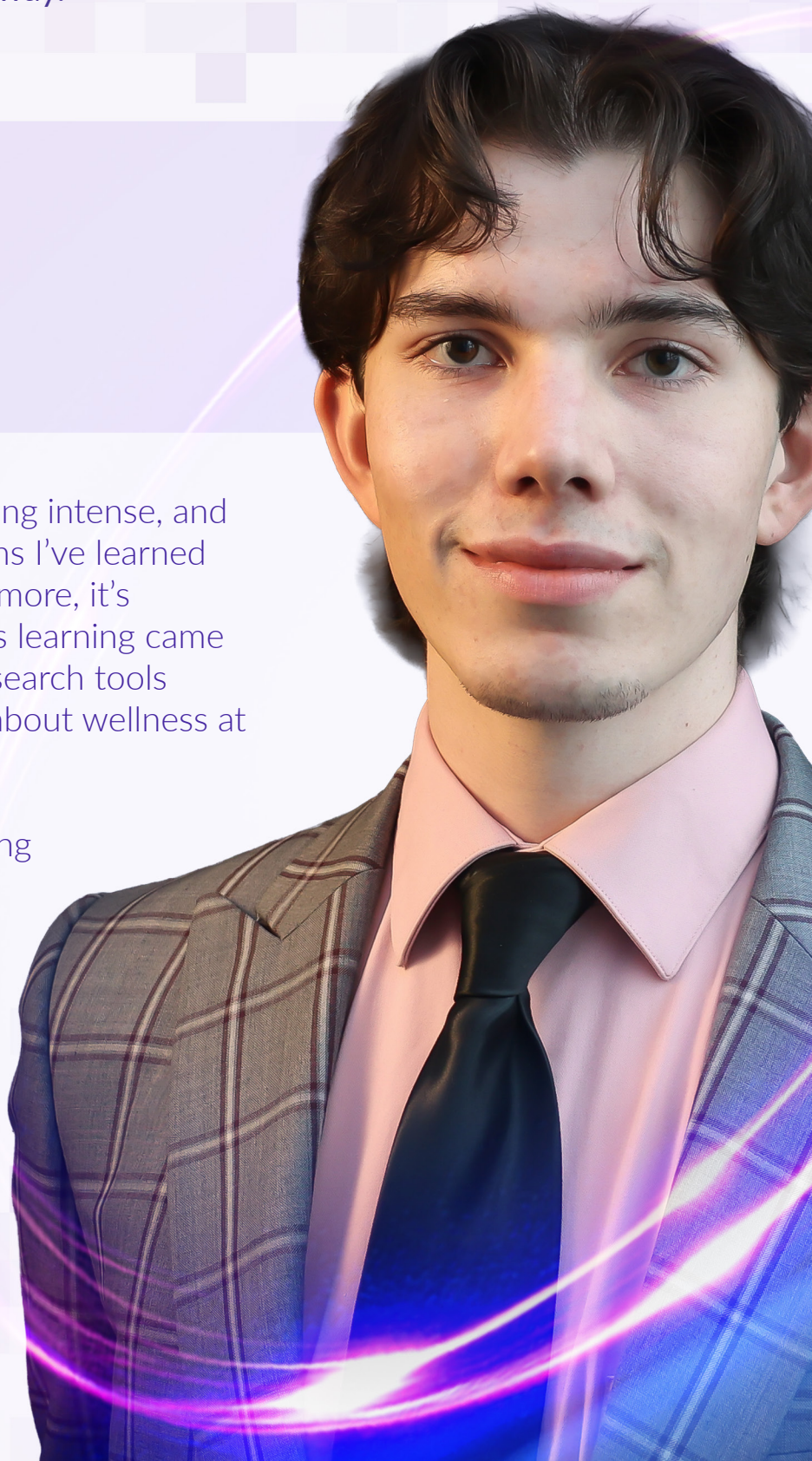
Wilson

Western Law

Law school has a reputation for being intense, and while it is, one of the biggest lessons I've learned is that success isn't about working more, it's about working smarter. For me, this learning came by figuring out how to use legal research tools properly, and by being intentional about wellness at the same time.

Early on, I focused on building strong fundamentals in legal research: understanding how cases are structured, how statutes interact, and how to trace authority properly. Once that foundation was in place, tools like Lexis+ and Lexis+ AI became powerful accelerators rather than shortcuts.

I've used Lexis+ AI to help orient myself at the beginning of large



research projects—such as identifying relevant statutory frameworks or surfacing leading cases—before diving deeper into the primary sources myself. The real value comes in allowing you to spend more time on analysis, judgment, and writing while spending less time on the scavenger hunt that is research.

One tip I'd give to students is to treat AI as a research assistant, not an answer key. Ask better questions, verify everything, and always return to the source material. When used that way, legal tech can dramatically improve efficiency without compromising rigor.

Equally important has been protecting my wellbeing. Law school rewards endurance, but burnout helps no one. I try to keep a simple routine: regular workouts, blocking time for non-law activities, and setting clear boundaries around when I stop working for the day.

The biggest surprise for me as a law student has been how much strategy matters. The students who thrive aren't necessarily the ones who grind the hardest, but those who learn how to use the right tools, develop repeatable systems, and take care of themselves along the way.

My advice to anyone starting law school is this: invest early in your research skills, learn legal tech thoughtfully, and remember that sustainability is part of professionalism. Your future clients, and your future self, will thank you.

Have a tip of your own that you want to share with Canadian law students across the country?

Email it to [lawschools@lexisnexis.ca](mailto:lawschools@lexisnexis.ca) with Student Spotlight in the subject line for a chance to be featured in an upcoming Student Spotlight!

Follow LexisNexis Law Schools on social media for more student content!

 [Inc\\_lawschools](#)  [LncForStudents](#)  [LexisNexis.com/en-ca/academic/law-schools](https://LexisNexis.com/en-ca/academic/law-schools)