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*Becoming a Different Kind of Lawyer:*

*Building Your Practical Compass*

Professional Intentionality

and Wellness Resources

Part One:

Professional Intentionality

Tools

1. **Identifying Your Professional Values**

Identifying your work values, those things that are important to you in, around and from your work, presents the first step in the development of professional intentionality. We present here a series of tools that will help you to identify those things about workplace environments that are important to you. Use the results of your work with these tools to bring your workplace values into focus.

* 1. ***NDLS Professional Values Prioritizer***

A strong analysis of your work values begins with a high-level assessment of those things that you hope your work produces. Do you want your work to integrate you into your community? Do you want to be a renowned expert in a field? Are you working to acquire great wealth? Do you seek to build a public reputation? Where does Work/Life Balance fit into the mix?

The NDLS Professional Values Prioritizer tool helps you to determine which of these various values are most important to you. How? By asking you to compare 20 different work values to each other, one-by-one, to determine a rank order of importance of the various values to you.

You can access the NDLS Professional Values Prioritizer at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls) .

* 1. ***ND Work Values Worksheets***

These tools have been developed by the University’s Mereulo Family Center for Career Development and provide a deeper dive into workplace settings and environments. These tools are most helpful when one has made the effort to identify your primary work values.

You can access these worksheets at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls2025).

1. **Identifying Your Strengths**

Your strengths may best be described as those activities in which you apply your personality and gifts in a natural and comfortable way. Research over time has identified methodologies for assessing your strengths and the way in which you can apply those strengths to your work.

* 1. ***High Five Test and Related 360 Profile***

This free online tool takes 15 minutes to complete and will provide you with instant feedback on your strengths. It also allows you to ask others to answer questions about you to provide you “360 Degree” input on your strengths. To access this tool, click on the following link: <https://high5test.com/strengthsfinder-free/>.

1. **Identifying Your Skills and Experiences**

Your personality type, value and strengths have all been applied in your life experiences to date. Assessing your skills and experiences will help reinforce those activities that you have undertaken to date that you have enjoyed and done well. Perhaps most importantly, reviewing your experiences can confirm those things that you: (i) have not experienced that may be relevant to your legal career; (ii) have discovered through experience that you do not enjoy and (iii) provide you a road map to acquiring skills and experiences during law school.

* 1. ***Notre Dame Mereulo Family Center for Career Development***

***Achievements Inventory***

This one-page worksheet developed by Notre Dame’s Mereulo Family Center for Career Development asks you to list your material achievements to date, along with the skills that you used to complete those tasks. You are also asked to evaluate which skills and experiences brought you the most joy. In that way, it couples both things you have accomplished with your personal values and interests.

It is available for download at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls2025).

* 1. ***Notre Dame Mereulo Family Center for Career Development***

***Skills Inventory***

This one-page worksheet developed by Notre Dame’s Mereulo Family Center for Career Development creates a platform for analyzing your current skills across a variety of subject matter areas.

It is available for download at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls2025).

* 1. ***What Color is Your Parachute? Workbook***

This is the deepest and most valuable tool around for evaluating your skills and experiences. It is time intensive but will likely yield the most fruitful results.

The workbook flows from the best-selling book, [“What Color is Your Parachute?](https://www.parachutebook.com/)” by Richard Bolles. The book has developed a world-wide reputation as one of the most powerful tools to aid in a job search. (That said, much of the book is targeted at those looking to make a change later in their careers.)

As part of his work, Bolles has developed an extensive set of exercises designed to summarize and analyze your experiences to date which can be extremely useful in helping you to match experiences to opportunities in the law. The link below will take you to Amazon where you can purchase the workbook.

<https://www.amazon.com/Color-Parachute-Job-Hunters-Workbook-Sixth-dp-1984858262/dp/1984858262/ref=dp_ob_title_bk>

1. **Designing Your First Landing Spot**

Your legal career begins in one place. We refer to that as your First Landing Spot. Your career will almost certainly move in different directions from the first opportunity that you accept and, because of that, you need not seek perfection. Remember: the best Landing Spot for you is unique to your personality, your values, your strengths and your skills and experiences.

Professional Intentionality calls you to work to identify those factors in a First Landing Spot that provide you the best place to ***begin*** your legal career.

* 1. ***NDLS Landing Spot Prioritizer***

This tool helps you to rank the various factors that will impact your search, and ultimate choice, of your First Landing Spot. Like the Professional Values Prioritizer, it asks you to rank factors one against another to determine which factors are most important to you. This tool will provide you with the best results if you complete it after your complete the Professional Values Prioritizer.

You can access the Landing Spot Prioritizer at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls2025).

1. **NDLS Career Development Office**

**Individual Professional Development Plan**

This tool helps take you into the job search process by focusing your decisions and job search activities. It calls you to assess your strengths and experiences and asks you to make your first commitment to a broad practice area (i.e., Dispute Resolution, Transactional or Expert Practice). It helps you to lay out a plan for your professional development beyond law school and into the early years of the profession.

The IPDP provides a great companion to your discussions with the NDLS Career Development Office and will soon be updated. The current version is available at [www.johnemoore.com/ndls](http://www.johnemoore.com/ndls2025).

Part II:

NDLS Wellness Resources

1. **Lawyer’s Wellness Assessment**

This short wellness assessment tool is specific to Notre Dame Law School students. The results are completely confidential and are only seen by you. We invite you to do a check in on your wellness throughout the year. You can access the assessment [here](https://law.nd.edu/wellnesscheck).

1. **Notre Dame Law School Student Services**

Christine Holst-Haley, Director of Student Services, is available to discuss individual and group student concerns and problems, including academic and personal challenges, emergencies, etc. You can reach her via [email](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=cholst@nd.edu) or [book an appointment online](https://calendly.com/ndls-cholst).

1. **Stella Miller: Care and Wellness Consultant**

The Law School also offers the services of Stella Miller, a Care and Wellness Consultant dedicated exclusively to law school students. Students in all programs are able to meet with her for support on any personal wellness issue. Wellness sessions can provide an opportunity for empowerment, insight and progress in clarifying and achieving personal goals. Ms. Miller has extensive experience in providing wellness support to university students. You may contact her directly via [via email](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=stella.miller@nd.edu" \t "_blank) or [book an appointment online](http://www.calendly.com/stellamiller).

1. **University Counseling Services**

You’re seeking help—for yourself or someone else.

Whether you’re struggling with homesickness, depression, low self-esteem, or substance abuse, the University Counseling Center (UCC) can help. Talk with a trained professional staff member, find helpful online resources, or schedule a consultation to determine your best plan of action. Above all, get the help you need.

Phone: 574-631-7336

**UCC Helpline**: All students, whether on campus or at home, can call the UCC helpline 24 hours a day, 7 days a week to reach a counselor at 574-631-TALK.

1. **McDonald Center for Student Well-Being**

The path to wellness can be fraught with stressful detours, especially when you’re adjusting to the demands of life on a college campus. By making the most of the resources offered by the McDonald Center for Student Well-Being, you can find healthy ways to reduce stress and get back to being the best version of yourself. Learn more by clicking [here.](https://mcwell.nd.edu/)

Phone: 574-631-7970

Email:  [mcwell@nd.edu](mailto:mcwell@nd.edu)

1. **Notre Dame Campus Ministry**

Whether you are trying to discern the answer to a difficult decision, articulate who you are more clearly, figure out what you’re supposed to be doing with your life, or struggling with the death of a loved one, we invite you to consider Campus Ministry as a resource. Let us help you to think about how your faith can give you a new perspective and how God walks with you in your life. Learn more by clicking [here.](https://campusministry.nd.edu/)

Phone: 574-631-7800

E-mail: [ministry@nd.edu](mailto:ministry@nd.edu)

1. **University Health Services**

When you’re juggling classes, extracurricular commitments, service, and your social life, staying healthy can fall off your radar. That’s where University Health Services comes in.

Call to schedule an appointment for allergy injections or immunizations, pick up your prescription at our on-site pharmacy, or receive treatment for your medical and urgent care needs. We're here to support your health so you can get back to seizing the day. Learn more by clicking [here.](https://uhs.nd.edu/)

Phone: 574-631-7497 

E-mail**:** [uhs.nd.edu](http://uhs.nd.edu/)

1. **Sara Bea Center for Student Accessibility Services**

Sara Bea Accessibility Services ensures that every qualifying student has equal access to a Notre Dame education. Whether you need testing accommodations or auxiliary aids and services, or would like to volunteer to take notes for a friend with a disability, Sara Bea Accessibility Services can help. Learn more by clicking [here.](https://sarabea.nd.edu/)

Phone: 574-631-7157

E-mail: [sarabeacenter@nd.edu](mailto:sarabeacenter@nd.edu)

1. **Resources In the Event of a Sexual Assault**

Notre Dame does not tolerate sexual and discriminatory harassment of any student, faculty, or staff member of the University community. If one person is sexually assaulted on Notre Dame’s campus, it is one too many. Together, we strive to create an inclusive and safe environment where all students can flourish. To access resources in the event you have experienced sexual harassment or assault, click [here.](https://titleix.nd.edu/)

1. **Notre Dame Gender Relations Center**

Gender Relations Center (GRC) designs and implements programs about healthy relationships, gender, and sexuality consistent with the Catholic character of the University. The GRC seeks to create dialogue on campus by collaborating with student groups, other departments at Notre Dame, and cross-campus partners at Saint Mary’s College and Holy Cross College. It was the first office of its kind within collegiate student affairs nationwide. You can learn more about the Gender Relations Center and its services by clicking [here](http://grc.nd.edu/).

Phone: 574-631-9340

E-mail:  [grc@nd.edu](mailto:grc@nd.edu)

1. **Notre Dame Multicultural Student Programs and Services**

Multicultural Student Programs and Services (MSPS) creates a welcoming environment for ALL STUDENTS by supporting holistic development through educational programming and cross-cultural exploration. To learn more about MSPS, click [here.](https://www.msps.nd.edu/)

Phone: 574-631-6841

E-mail: [msps@nd.edu](mailto:msps@nd.edu)

1. **Pregnancy Support**

If you’re facing an unplanned pregnancy, we’re here to help, not to pass judgment. We want to give you the care, assistance, and support you need to ensure that you and your baby can both thrive at Notre Dame. From free pregnancy tests and counseling to physician referrals, student housing, and coursework accommodations, you’ll have the full support of the Notre Dame family. To access these resources, click [here](https://frc.nd.edu/pregnancy-support/).

Phone: 574-631-3000

E-mail: [ndfrc@nd.edu](mailto:ndfrc@nd.edu)

1. **Your Safety**

In order for every member of the Notre Dame community to flourish, we must first feel safe and secure on campus.

Our campus partners in the Office of Campus Safety - which include duly authorized police and fire departments - implement a wide range of security measures, including ND Alert, a comprehensive emergency notification system engaging email, telephone, cell phone, and text messaging to keep our community safe. Learn more about the office of Campus Safety by clicking [here](https://safetyandoperations.nd.edu/).

Phone: 574-631-9007

E-mail: [safety@nd.edu](mailto:safety@nd.edu)