

Notre Dame Law School

## NDLScholarship

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Monday Morning Update

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4-20-2020

**MMU: 04/20/20–04/26/20**

Student Bar Association

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**Fwd: MMU 4/20-4/26**

1 message

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**Christine Holst-Haley** <cholst@nd.edu>  
To: law-allfacstaff-list@nd.edu

Mon, Apr 20, 2020 at 9:20 AM

Christine Holst-Haley  
Student Services Program Manager  
Notre Dame Law School  
1102 Eck Hall of Law  
Notre Dame, IN 46556

574-631-5365  
[cholst@nd.edu](mailto:cholst@nd.edu)

----- Forwarded message -----

From: **Margaret Manning** <[mmannin5@nd.edu](mailto:mmannin5@nd.edu)>  
Date: Mon, Apr 20, 2020 at 9:19 AM  
Subject: MMU 4/20-4/26  
To: <[law-allstudents-list@nd.edu](mailto:law-allstudents-list@nd.edu)>



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## A Little Lagniappe

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Hello NDLS,

Well, we are slowly but surely approaching the end of this semester (THANK GOD!). I say this with such emphasis because I don't know about y'all but this has been the

## LONGEST SEMESTER EVERRRRRR!

I just want to give a huge shoutout to our professors though. Y'all have brought normalcy back in this time of uncertainty and have helped us adjust every step of the way! Thank you! #YouRock!

Now, I know you are all very sad to know that next week will be my last time to address you from the MMU. It is so hard to believe that my reign \*I mean\* service as Madame Secretary is coming to an end. But don't worry. This week, I have a little more Marge&Mia content for you!

Let me tell y'all....being a puppy mom is so. much. work! It is basically a full time job. Like all you forreal parents out there doing law school too, wow. I applaud you so much. I can't even imagine doing this with a real human being right now!

But even though I'm super tired and I don't want to clean up one more "accident," I can truly say it's worth it. I have wanted a corgi companion since my freshman year of college. To finally have my smol friend has really brought some joy and happiness during all this craziness. And I mean it definitely helps that she's the size of a rabbit and has a precious little face with the softest ears EVER! Here's another picture to just brighten your Monday!



Until next time!

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## Questions, Comments, or Concerns?

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Have questions regarding the Law School's policies and protocols for the remainder of the semester? Got any suggestions on how to better the process?

Below is a link to the FAQ Form sent to us by Dean O'Rear earlier this month.

*\*There is an option to submit comments anonymously. However, should you wish for the Administration to respond directly to your question, you must include your name and email.\**

Thank you on behalf of the Administration and the Student Bar Association for any feedback you may provide to help better our system during this complicated time at the Law School!

## FAQ Submission Form

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## General Announcements

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### **University and Law School Information Pages**

We have received several emails over the last week directing us to websites created by the University and Law School to keep us updated and informed as we move to distanced learning. You can find these links compiled below:

- [Facilities and Campus Services](#)

### **From the CDO**

#### **CDO Walk-In Hours**

The CDO is 100% committed to supporting you during this unprecedented and constantly changing time. The walk-in schedule remains the same, Monday-Friday, 12:45-4:45. We have an open Zoom room during those hours for you to speak to a counselor here:

[https://notredame.zoom.us/j/](https://notredame.zoom.us/j/952830099)

[952830099](https://notredame.zoom.us/j/952830099). If you would prefer to have

- Check to see which buildings are open for student use around campus
- Law School [FAQ](#)
  - Here you can find general answers to the questions submitted by law students via Dean O'Rear's FAQ Submission form
- [coronavirus.nd.edu](https://coronavirus.nd.edu)
  - University Website for Coronavirus updates
- [Coronavirus Response FAQ](#)
  - University FAQ Website
- Current exam [schedule](#)
  - As of now, this is the most recent exam schedule for the law school
- <https://law.nd.edu/for-current-students/>
  - The Administration will post any new developments on the Law School's Current Student Page
- [OIT](#)
  - Link to contact tech services at the law school should you need help connecting to your classes remotely

## **NDLS Peer Support Groups**

Starting this week, Emily Dowling, will be holding some peer support groups for students who need additional interaction outside of class or just a space to vent/connect with other students. If you are interested in

a meeting with a counselor over the phone, please feel free to schedule one via IrishLink, or you can call Heidi and she'll be happy to help you (*and have a reason to talk to some students!! She MISSES each and every one of you so much!!*)

### **Walk-in Schedule:**

Monday – Ed

Tuesday – Chris

Wednesday – Patti

Thursday – Chris

Friday - Ed

**Thursday, April 23, 2020, 12:45 pm**

### **Imposter Syndrome**

Zoom Link: <https://notredame.zoom.us/j/99227216655>

Everyone has felt like an imposter sometimes, but it can lead to chronic self-doubt which can sabotage your professional success. We will have a panel discussion to address Imposter Syndrome. Stella Miller will talk about what it is, and former NDLS students Anthony Gaines and Ruben Gonzales who are both practicing law in Chicago will talk about their personal experiences with Imposter Syndrome.

## **Christian Legal Society Morning Prayer**

**Tuesday, April 21 @ 8:30am**

Join the Christian Legal Society family over Zoom for a time of prayer, reflection, and fellowship. Sadly, we cannot supply coffee or bagels online so

participating or chatting with someone other than your pet (or yourself), click the link below to fill out your name!

Here is the link: [Peer Support Group](#)  
([Week of 4/5](#))

it's BYOB!

Join Zoom Meeting Link:  
<https://notredame.zoom.us/j/95482981140>

## **Health & Wellness** **Center**

Stella Miller is here to support you. If you need to talk, develop strategies or need a point of connection please do not hesitate to contact her at [stella.miller@nd.edu](mailto:stella.miller@nd.edu) and she will set up a time to meet by phone. In the meantime, please see this helpful link: <https://mhanational.org/covid19>

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## Stay Connected...Spiritually!

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During this difficult and uncertain time, let us answer Father Jenkins' call and continue "to strengthen one another by mutual support and prayer."

I have included in this section links to livestreams of different masses and prayer services for you to tune in! These are just a few I've been using and some my family members suggested.

If there's a particular service or link you'd like to share, do not hesitate to send it to [mondaymorningupdate@gmail.com](mailto:mondaymorningupdate@gmail.com)!

Never under estimate the power of prayer! Notre

[Basilica Live Stream](#)

Monday-Friday @  
11:30am EST  
Sunday @ 10am EST

[Daily Rosary](#)

4:00pm EST

[St. Luke's Episcopal  
Church in Atlanta, GA  
Live Stream](#)

[Daily Readings Online](#)

[First Baptist of Ruston,](#)

Dame, Our Mother, Pray for us! St. Thomas More,  
Pray for us!

[LA](#)

[Ann Voskamp: Bible  
Study and Reflection Blog](#)

[Blessed is She: A Daily  
Devotional for Women](#)

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## Lend a Helping Hand

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As students of NDLS we are called to be "a different kind of lawyer." One of the ways we live up to this profession is by service to our communities. What better time to help than now?!

Each week, I will include a compilation of links to charities across the country submitted by YOU the students! Send me links to get our efforts rolling! We're all sitting around on our phones all day any way (sorry professors!)--we might as well make ourselves useful!

[Meals on Wheels](#) and [No Kid Hungry](#)

"As you're well aware, these social distancing policies are taxing on all of us. But this is compounded for elderly people who may find it difficult to feed themselves, and low-income children who had been relying on school to provide one if not two meals a day. There are innumerable ways we, as Americans, can come together and look out for one another over the coming months as COVID-19 continues to upend our lives. These two giving options provide a concrete and meaningful way for those interested to contribute to the effort of fighting the virus and the harm it is causing in everyday people's lives. I know it is hard for us, as law students, to do anything meaningful since we are stuck at home, apart, and buried under the work of law school, so I thought providing an avenue to contribute would be in the spirit of the whole morale-boosting effort which is the MMU."--3L, Sawyer White

[US Bartenders' Guild Emergency Grant Assistance Program](#)

"Right now, bartenders can apply for grants in order to help make up for the shortfall due to them being laid off last week with restaurants closing. There is a link on the page to donate as well as a FAQ if anyone knows anyone who could benefit from it. Bartenders also don't need to be members of the guild to apply for this benefit. Thanks!"--2L, Cat Burns

### Food Bank of Northern Indiana

The Food Bank of Northern Indiana and Real Services, a meal and grocery delivery service for those in need in South Bend, are in need of help with grocery deliveries and prepared meals to members of our community. If you would like more information on how to help these charities, please reach out to Professor Jim Farrington at [jfarring@nd.edu](mailto:jfarring@nd.edu).

### Get Us PPE

Get Us PPE is an organization headed by healthcare professionals geared towards getting PPE (personal protection equipment such as masks, gloves, and gowns) to healthcare workers at the frontline of the coronavirus epidemic here in the United States. Unfortunately, there is currently a massive shortage of PPE. Nurses and doctors have already begun contracting the virus; some of whom have died as a result. Our healthcare workers are already under enormous strain as some hospitals are overflowing with COVID-19 cases. They are risking their lives everyday to try and help those already infected and to prevent further spread; they should be as safe as we can make them. Donations will help in that effort. Get Us PPE is currently accepting cash donations as well as donations of actual PPE. Please give what you can.

### Peggs needs your help!

Pegg's Restaurant in downtown South Bend is selling gift cards online (<https://www.toasttab.com/peggs-restaurant/giftcards>) and 100% of the proceeds are going to pay their staff!

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## HEY 3Ls! Look here!

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Here you can find all announcements pertaining to 3L virtual hangouts, graduation, and 3L Week!

### 3L 50 Day Fiesta Toast

Last week we celebrated our 50 Day Fiesta to commemorate our final 50 days at NDLS. Since, we couldn't all gather together at Salsas for our class toast, 3L Rep, Elizabeth Lombard, was kind enough to rally us to a Zoom toast! Below is Elizabeth's toast to the 3L class presented during our Zoom hangout in case you missed it! Thanks Elizabeth!



"Hi everyone! Thanks for joining for a class toast as part of our fifty-day fiesta. Today marks 50 days until our "graduation."

Not being around each other for these last two weeks and not being able to spend our last 50 days together as 3Ls is definitely disappointing, saddening, and not ever what we could have imagined. But I hope that does not dim your sense of pride in yourself, your classmates, and all we have accomplished together.

I want to start out by saying congratulations—what an honor it is to be Notre Dame Law School's very first online law school graduating class. A true accomplishment.

But in all serious, I hope you all know how proud I am to consider myself part of the NDLS Class of 2020. We have accomplished so much in our short three years here, even with 50 days to spare. What have we accomplished? We are class built of moot court champions, future federal and state clerks, future JAG officers, ARS/Ras/Tas (who keep the school running!), Published Authors (14 LR; 8 JLEGG, 2 jlepp, 2 jicl, 1 jett = 30 from the journals alone... by my count!), new parents!., new dog parents, newlyweds, husbands and wives to be!, future prosecutors, future Das, future big law attorneys.

From father mikes of the past I know we are full of talented musicians and comedians. From bowling, softball, and flag football I know we are full of stellar athletes (cough cough flag football allstars), We have Corbies/Finnies/CJs regulars, ND football fanatics, and most important, in my book, good friends and good people.

I wish we could all lift our oversized margaritas together at salsas right now, but in lieu of that lift whatever drink you have in front of you and cheers to the Class of 2020 and our last fifty days as 3Ls. I am so happy to call myself your classmate. Sending you love, health, and happiness.

Go Irish!"

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## Keep Calm and Carry On

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As I'm sure we have all found by this point...self-isolation is BORING! Luckily, your weekly MMU is here to help! Thanks to my good pal, Mark

- **Don't forget about your mental health!**

Relation, we have hit the jackpot on links to activities you can do from home. Thank you, Mark, for keeping us all sane!

- **Read a new book.**

- **Project Gutenberg has over 60,000 books:** <https://www.gutenberg.org/>
- Kid friendly one: <https://www.researchify.co.uk/audiobooks.html>
- Access your local library's ebook and audiobook collections: <https://www.overdrive.com/apps/libby/>

- **Learn data science and how to code.**

- Python and R: <https://www.datacamp.com/>
- HTML, CSS, and JavaScript: <https://www.codecademy.com/>

- **Take a course from The Open University or learn a new language.**

- <https://www.open.edu/openlearn/>
- <https://www.duolingo.com/>
- <http://www.bbc.co.uk/languages/>
- <https://www.frenchteacher.net/free-resources/samples/>

- **Explore nature and Space**

- <https://www.nationalgeographic.com/>

- Guided Mindful Self-compassion exercises: <https://self-compassion.org/category/exercises/#guided-meditations>
- Headspace (currently free for US health providers and they have expanded their general offerings): <https://www.headspace.com/>  
<https://www.headspace.com/studentplan> : \$9/year for students

- **For Fitness Fanatics:**

- [Club Pilates](#): Stream a [mat pilates class on its Facebook Live](#). Check its social media account for class times.
- [Pure Barre](#): Stream free classes on [Facebook Live](#). Check its social media account for class times.
- [SLT](#): Stream free [express pilates sessions on IGTV](#). Check its Instagram for class times.
- [Barry's Bootcamp](#): Stream free classes [through Instagram Live](#), check its social media account for class times. Chief instructor [Keoni Hudoba is steaming 20 minute core classes](#) at 9 a.m. ET.
- [305 Fitness](#): Stream full classes for free on [its](#)

- <https://www.projectnoah.org/>
- <https://worldview.earthdata.nasa.gov/>
- **Get hooked on a Podcast:**
  - <https://tunein.com/podcasts/>
- **Take a museum tour with Google and view over 500 different galleries.**
  - Main site: <https://artsandculture.google.com/partner>
  - Georgia Aquarium has a series of webcams to view while it is closed: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- **Play games online:**
  - <http://charades-randomizer.appspot.com/>
  - <http://www.boiteajeux.net/>
- [YouTube channel](#) at 12 p.m. ET.
- [CycleBar](#): If you have a bike at home, you can [stream free cycling classes on its Facebook Live](#). Check its social media account for class times.
- [Stride](#): If you have a treadmill, [stream free classes on Facebook Live](#). Check its social media account for class times.
- [Modo Yoga](#): Stream free daily [yoga classes on Instagram Live](#). Check its social media account for class times.
- [StretchLab](#): Grab a yoga strap, exercise band, or towel and stream [free stretching classes on Facebook Live](#). Check its social media account for class times.
- [YogaSix](#): Stream [free yoga classes on Facebook Live](#). Check its social media account for class times.
- [Planet Fitness](#): Stream free “Home Work-Ins” on its [Facebook page](#) daily at 7 p.m. ET (5 p.m. PT / 6 p.m. CT).

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## Catch Up with NDLS

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## Corona Quarantine Check-in

With self-isolation as our new norm, keep in touch through the MMU! Hunkered down in South bend? Living the life at your parents' house? Send us a pic and a little blurb about where you're finishing out the rest of your Spring 2020 Semester.

Include your siblings, your pets, or even your parents--get creative!

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### Pet Pics!

Since we're all working from home now  
it's "Bring your Pet to School Day" every day!

Send me pictures of your cat, dog, fish,  
hamster, rabbit, chicken, lizard, etc. with the  
pet's name and I'll share them with the  
world!



Harley is happy to help his hooman tackle  
any studying that has to be done!



Mouse can't be with her mom Jennie right now, but she loves to pose for pictures to send to mom!



Doggie is helping Management keep the workspace fresh and clean!

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Submit content for next week's MMU!

Follow the SBA for more updates!



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ND LAW ALL

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