

## Joint Professionalism Training Evaluation:

Please choose one of the following four questions to answer in an essay of 250 to 350 words. Responses are due in the Records Office, via [assignments.law@utoronto.ca](mailto:assignments.law@utoronto.ca) on Monday, March 1, 2021.

### Question 1:

Review the Personal Management section of the Practice Management Guidelines provided by the Law Society of Ontario: <https://lso.ca/lawyers/practice-supports-and-resources/practice-management-guidelines/personal-management>

Note that Section 8.3 identifies sources of stress in the legal profession:

#### 8.3 Recognizing Sources of Stress in the Legal Professions

Lawyers should be aware of and recognize common sources of stress in the legal professions generally, and particularly, in their own lives. Sources of stress may include: [footnote omitted]:

- the burden of responsibility for other people, their money, family, or freedom
- high public expectation of performance and standards coupled with lower public tolerance or understanding
- increased adversarial nature of the practice and of other lawyers
- increased competition among lawyers for clients or legal work
- increased complexity of law
- undertaking work that may be uninteresting or monotonous to survive financially
- low decision latitude for junior lawyers
- isolation from supportive colleagues
- taking on work outside area of expertise
- taking on too much work
- putting off difficult tasks
- excessive work hours
- difficulties achieving work-life balance.

Which of these sources of stress are already present in your life at the Faculty of Law? What kinds of self-care measures can you implement now to address these stressors?

### Question 2:

Compare practice management guideline 8.7 (*Reducing Stigma in the Legal Workplace*) with Rule of Professional Conduct 7.1-3 (e) (*Duty to Report*) (<https://lso.ca/about-lso/legislation-rules/rules-of-professional-conduct/chapter-7>). How do these provisions fit together?

### Question 3:

Review the Trauma-Informed Legal Practice Toolkit provided by Myrna McCallum, especially chapter 4. What are some coping mechanisms and actions students can take to manage vicarious trauma that would work well for you?

### Question 4:

Myrna McCallum describes Vicarious Resilience as being something that can be transferred to the helping professional simply by witnessing resilience. Have you benefitted from interacting with a person who demonstrated resilience? Use as much or as little detail about the underlying trauma as you are comfortable with, and describe how the observation of another person's resilience became a learning experience for you, and how it enhanced your skill set in dealing with trauma.