

Helping Millennials with Self-Awareness

THE CHALLENGE:

How do we cultivate self-awareness and reflection in law students?

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- **Reflective Journaling and Reflection Papers** as a method to help students develop self-awareness.
- **Class Discussion on Readings Likely to Evoke Emotional Reactions** and then discussing the readings and the emotional reactions in class
- **Contemplative Practices**, such as meditation, to increase self-awareness

Traits you have observed in students entering law school that affect ability to be self-aware.

Has your school adopted any curricular efforts to address student's professional formation? If so, is cultivation of self-awareness part of that course?

Specifically what teaching methods have been tried? Which were successful and which were not?

Send a copy of this handout to benjmad@regent.edu and responses will be combined and sent back to you.