

# IS LAW STRESSING YOU OUT?



LET'S TALK ABOUT IT  
WITH MONASH THRIVE  
[tinyurl.com/monashthrivestudents](https://tinyurl.com/monashthrivestudents)

\*Monash Thrive  
Student Surveys  
from July 2021

## BEING STRESSED ABOUT UNI IS COMMON (AND IT SUCKS)



44%\* of students  
feared failing their  
courses



for 30%\*, the  
workload felt like it  
was too much



40%\* felt like they  
couldn't catch up when  
they fell behind

But for Law students, stress tends to affect us  
**much more** than the general student population\*\*.

Studies found that **more than 1 in 3** final year Law  
students experience very high levels of stress.

\*\* Bergin & Pakenham (2015) Relationships Between Academic Demands, Social Isolation,  
Career Pressure, Study/Life Imbalance and Adjustment  
Outcomes in Law Students

## HAVE YOU EVER FELT THAT...



- you're **not good enough for Law?**
- you're **faking** how competent you are and people will find out?
- all your successes are **because of other people, luck** etc?

## ...YOU COULD BE EXPERIENCING IMPOSTER SYNDROME

Anyone can feel this way, regardless of their position or experience

### Discuss your feelings with a trusted mentor

This can a friend or supervisor  
you respect that **you trust to  
be honest** about what you are  
doing well and may need to  
work on.

It can be hard to think of  
these yourself when you're  
blinded by insecurities.



### Acknowledge your strengths

**Make a list** of your  
strengths to look at.  
when you doubt  
yourself. You can ask  
others to help you!

#### Strength Examples:

- I'm good at asking for help when I need it.
- I am great at making connections with new people.

### Accept that perfection is unrealistic

We may wish to be someone who knows  
everything and never stuffs up. But it is  
**human** not to be that way.

Don't know something?  
**Ask for help** and learn  
from others. Made a  
mistake? It's more about  
being accountable  
and **learning how to  
grow from it.**

## COPING WITH ACADEMIC STRESS



### 1. Tackle it before it builds up

Identify what's stressing  
you, readjust priorities  
and **seek help early** from  
friends, family or  
lecturers if you're  
struggling.

### 2. Forgive yourself if things don't go well

You won't always get  
everything right and that's  
okay. **You are much more  
than your past actions.**  
Focus on improving from  
each experience you have.

More tips and resources to help you cope with academic stress are at:  
[monash.edu/medicine/thrive/academic-stress](https://monash.edu/medicine/thrive/academic-stress)

It can be hard to stop thinking that way but  
eventually you can lessen how much it  
affects you! **Start with these tips\*...**

\*Tips are from Sherman (2013) Imposter Syndrome