Resources for Overcoming Stress and Anxiety

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The challenges that are associated with studying and practicing law can sometimes lead to stress and anxiety that hamper performance and negatively affect quality of life. Fortunately, however, there are many resources available that can help law students overcome stress and anxiety (in law school and beyond). The following books can be found within the collections of the Lucille Stewart Beeson Law Library:

- The Anxious Lawyer (Jeena Cho & Karen Gifford)
  Call Number: KF298 .C47 2016
  ISBN: 9781627226240
  An introduction to mindfulness and meditation.

- If I Don’t Pass the Bar, I’ll Die (Rosemary La Puma)
  Call Number: KF303 .L37 2008
  ISBN: 9780735578425
  Techniques that can be used to help manage stress and worry.

- The Lawyer’s Guide to Balancing Life and Work (George W. Kaufman)
  Call Number: KF298 .K38 2006
  ISBN: 1590316746
  A guide to making healthy decisions to find happiness in the workplace and at home.

- The Lawyer’s Light (Kevin M. Chandler)
  Call Number: KF298 .C44 2014
  ISBN: 9781627225298
  Daily meditations for those who face recovery issues.

- Lawyer, Know Thyself (Susan Swaim Daicoff)
  Call Number: KF300 .Z9 D35
  ISBN: 159147096X
  A guide to understanding personality traits and how they affect satisfaction with the study and practice of law.

- Lawyers: Anger and Anxiety (Rebecca Nerison)
  Call Number: KF300 .N46
  ISBN: 9781604429497
  An examination of the relationship between anger and anxiety and how they can be managed.

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Counseling Services & Wellness Programs  
https://www.samford.edu/departments/counseling

Office of Spiritual Life  
https://www.samford.edu/spiritual-life

University Health Services  
https://www.samford.edu/departments/health-services

The resources that are listed were part of a recent display in the Lucille Stewart Beeson Law Library. For a virtual presentation of that display (and additional resources about overcoming stress and anxiety), please visit http://samford.libguides.com/lawlibrarybookdisplays.

We have received complaints from law students about excessive noise in the Law Library. If you need to work collaboratively, please consider checking out one of our study rooms.

Thanks for your consideration.

HeinOnline Update

Thousands of subjects are now browsable in HeinOnline. The Subjects tool can be found under the Catalog tab within any database. HeinOnline is a vital resource for legal research. Read more about the update at: https://home.heinonline.org/blog/2017/09/new-catalog-feature-in-heinonline.

This is the last issue of CHECK IT OUT for this semester. Three issues will be published during the Spring Semester beginning in January 2018. If you have any ideas or suggestions as to ways we can improve, contact Becky Hutto at rmhutto@samford.edu. We look forward to the Spring Semester and new issues of the newsletter.

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The Reflective Counselor (Maureen C. Kessler and F. Gregory Coffey)  
Call Number: KF298.C63  
ISBN: 9781590319567  
Daily meditations designed to assist in the recovery of spiritual strength.

In addition to books found in the Law Library, the following Samford University campus resources can be extremely helpful:

Counseling Services & Wellness Programs  
https://www.samford.edu/departments/counseling

Office of Spiritual Life  
https://www.samford.edu/spiritual-life

University Health Services  
https://www.samford.edu/departments/health-services

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Finding Alabama Legal Forms at Beeson Law Library

By Ed Craig,
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A common reference request from student and attorney patrons alike is for legal forms addressing a specific legal issue and jurisdiction. There are various resources, in print and online, that can help fill that need. When beginning to search for a form, it is important to know in what jurisdiction the form will be used and the subject matter and type of action that the form would, ideally, address. The researcher must also understand, however, that any one library will not have forms for all jurisdictions on all conceivable legal topics. Legal form finding could, perhaps, be best described as a process of looking at the various sources of forms and finding the form that comes closest to meeting a research need and then reforming it to reflect that need and the current laws of the appropriate jurisdiction.

Ideally, the researcher may be able to find an appropriate form covering the subject matter in the jurisdiction needed. There are numerous Alabama-specific form books as well as treatises that include forms which may meet a researcher’s needs. As with any other legal materials, the researcher must evaluate the publication date of the volumes used (or the pocketpart updates) in relation to any changes in that state’s law for the topic. Below is a list of materials you may want to consider when looking for Alabama jurisdictional forms:


and Charles H. Walker, Thomson West, 2003 (updated with 2017-18 freestanding supplement). KFA530.A65 H64 2003 (Reference). This two volume set is organized by rule number from the Alabama Rules of Civil Procedure. At the beginning of each rule’s section, you will find research references from other West publications for that rule, the text of the rule and then the forms that are tailored for that rule. It is highly advisable to know the rule number with which you are dealing with before accessing this set because there is no comprehensive index for these two volumes. There is an index at the end of each volume, but its coverage is only for that specific volume.

ALABAMA CIVIL PRACTICE FORMS, 4th ED., by Allie Windsor Howell, Michie Law Publishers, Charlottesville, Virginia (latest update 2016). KFA530.A65 H6 2005 (Reference). This two volume set is a good resource for finding Alabama-specific general practice forms, but the researcher must remember to consult the freestanding supplement for updates. A comprehensive index, table of cases and a table of authorities cited is available at the end of the second volume.


ALABAMA LAW OFFICE PRACTICE DESKBOOK, ELEVENTH EDITION, by Robert L. McCurley, Jr., Lawyers Educational Press, Inc., Tuscaloosa, Alabama (2010). KFA77.M3 2010 (Reference). This book has been used heavily over the years by practitioners and students alike for finding forms and checklists involved in day-to-day practice.

ALABAMA RESIDENTIAL, COMMERCIAL & MINERAL LEASE LAW, by David C. Skinner, Lexis Law Publishing, Charlottesville, Virginia (last updated 1999). KFA117.S65 (2nd Floor). This treatise includes chapters of forms covering termination and litigation, residential lease provisions, mineral lease provisions as well as assignments, terminations and notices. The subtopics under “forms” in the index should be a good entry point for the researcher.


“Trial Related Forms,” “Appeal Forms,” as well as tables of present values and life expectancy.

ALABAMA WORKERS’ COMPENSATION WITH FORMS, FIFTH EDITION, by Jack B. Hood, Benjamin A. Hardy, Jr., and E.J. Saad, Thomson Reuters, Eagan, Minnesota, 2010 (last update 2017). KFA342.H66 2010 (Reference). Forms can be found interspersed in the text of this treatise. Tables of present values and mortality can be found in Appendix I and II, respectively.

FAMILY LAW IN ALABAMA: PRACTICE AND PROCEDURE, 2017 EDITION, by Rick Fernambucq and Gary Pate, Matthew Bender & Co., New Providence, New Jersey. KFA94.5.A65 F35 2017 (Reference). Chapter 14 of this treatise, “Form Pleadings and Motions,” provides forms as well as preceding explanatory text for each form. Researchers should look at the subtopics under “forms” in the index for an entry point into the book.


REAL ESTATE HANDBOOK: LAND LAWS OF ALABAMA, NINTH EDITION, by Robert L. McCurley, Jr., Matthew Bender & Company, Inc., New Providence, New Jersey (last updated 2016). KFA112.M33 2014 (Reference). This treatise devotes more than half its space to forms, starting at page 351. To find a particular form, look in the index under “forms.”

SOUTHEAST TRANSACTION GUIDE: FLORIDA, GEORGIA AND ALABAMA, by Byron L. Sparber, Carl H. Cofer and Thomas A. Ritchie, Matthew Bender & Company, Inc., New Providence, New Jersey (last update 2017). KFA1410.S6 (Reserve). This looseleaf multi-volume set includes forms for the three states indicated in the title for a huge variety of legal and business transactions. A definite plus is that the set is updated at least on an annual basis.

Besides these Alabama-specific materials, there are many sets of general form books published that are not tailored to a specific jurisdiction. If you need help finding forms, see Ed Craig or Leigh Jones at Beeson Law Library for further help.

Director’s Briefs

From Greg Laughlin
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With the approach of fall finals, the Law Library will again implement restricted access for all non-Cumberland Law School patrons. Third and Second-Year law students will be familiar with this process. This will be a new experience for First-Year law students. Please understand that I instituted these procedures at the request of the Student Bar Association several years ago, and the procedures were agreed upon at that time. I am the one responsible for the procedures. If you have any problems or concerns, please direct those to me as the desk workers are simply following my instructions.

Monday, November 20, we will begin restricted access for the final exam period, with extended hours to begin on Friday, December 1, as shown below.

The stickers needed by Cumberland students for admission to the Law Library during finals has changed to red. Please stop by the Circulation desk before November 21 to obtain one.
Thanksgiving Hours 2017

Wednesday, November 22:
7:00 am – 4:30 pm
(TENTATIVE)
Thursday, November 23:
CLOSED
Friday, November 24 & Saturday,
November 25:
9:00 am – 10:00 pm
Sunday, November 26:
1:00 pm – Midnight

Exam/Extended Hours
Monday, November 27 to Friday,
December 1:
7:00 am – Midnight
Saturday, December 2 & 9:
9:00 am – Midnight
Sunday, December 3 & 10:
1:00 pm – Midnight
Monday, December 4 to
Thursday, December 14:
7:00 am – Midnight
Friday, December 15:
7:00 am – 4:30 pm

All schedules are subject to change based on University decisions to close during times we currently list as open. In the past, the University has sometimes closed early on the Wednesday afternoon before Thanksgiving. If changes are made, they will be posted on the Law Library doors, on the Law Library web site, on the Law Library Facebook site, and by email to all recipients of this email.

Restricted Access during Final Exam Period

Beginning at the opening of the Law Library on Monday, November 20 through the closing of the Law Library on Friday, December 16 the Law Library will be closed to all but the following patrons in order to accommodate the study needs of law students during their exam period:

1. Cumberland School of Law students, faculty and staff.
2. Samford University paralegal students.
3. Samford University faculty and staff.
4. Lawyers and other professionals who are routinely given access to the Law Library for their work.

The following will be permitted access only upon prior approval following a request made to the Law Library director:

Other Samford University students who need immediate access to an information resource that is only available within the Law Library.

IN ORDER TO ENFORCE THESE RESTRICTIONS, ALL PATRONS, INCLUDING LAW STUDENTS WISHING TO ENTER THE LAW LIBRARY, MUST PRESENT IDENTIFICATION EACH TIME BEFORE ENTERING.

Best of luck with finals!!

Virus Protection for Macs

by Grace Simms,
Information Technology Librarian
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You may think your Mac doesn't need virus protection - but you're wrong. It's true that Macs are attacked less frequently than PCs - but there are still viruses and malware out there geared toward Macs. As Macs become more and more popular - the attacks will most likely become more frequent.

Here are some free virus protection options for Macs:

The one I recommend the most is Sophos. To download the free software, go here: https://home.sophos.com/mac.

Avast is another free option for Mac users: https://www.avast.com/en-us/free-mac-security.

AVG is another good free option: https://www.avg.com/en-us/avg-anti-virus-for-mac.

For Malware scanning, use Malwarebytes. There is a free version that can be downloaded here: https://www.malwarebytes.com/mwb-download.

If you install one of the programs above and want to try another program, remove it by using AppCleaner. This is a free program that removes all of the programs far better than just dumping an app into the trash: http://freemacsoft.net/appcleaner.

If you need help with any of this, please contact Grace L. Simms, Information Technology Librarian, at glsimms@samford.edu.