

NEWSLETTER

OPPORTUNITIES

Watch Appellate Oral Arguments:

Justice Reyes
Every Wednesday at 10:00 a.m.
To schedule, call Amri Breeden at
(312) 792-5413

Judicial Externships:

Judge Samuel Betar
Cook County - Municipal Department
For more information, call
(847) 818-2287

Judge Michael Betar
Lake County - Forcible Entry/Tax
Deeds/Collections
For more information, call
(847) 377-3380 ext. 4

WELLNESS CHECK

Feeling stressed or overwhelmed?
Here's a calming breathing & mindfulness
technique that you can do anywhere:

1. Sit in a comfortable position.
2. Relax your shoulders.
3. Place your feet flat on the floor.
4. Seal your lips (+ *option to close your eyes*).
5. Repeat a positive affirmation in your head as you complete steps 6-9 (ex., "*I can do this*," "*I am capable*," etc.).
6. Inhale through your nose for 4 seconds.
7. Hold your breath at the top for 4 seconds.
8. Slowly exhale from your nose for 4 seconds (*Tip: Gently constrict the back of your throat to activate your Ujjayi breath*).
9. Repeat 6 times.

"You miss 100 percent of the shots you don't take." -Wayne Gretzky / Michael Scott

STUDENT SPOTLIGHT: **VIVIAN TADROS**



Vivian is a rising 3L and founder of the Middle Eastern and North African Law Student Association at Northern Illinois University (NIU). She will graduate in December 2023 with both her JD and her MBA at just 22 years old. She is currently a law clerk at Taxman, Pollock, Murray, and Bekkerman, and will begin her next position at JP Morgan as a Vice President of Liquidity and Account Solutions Escrow Contract Negotiator in July, where she will oversee critical contract negotiations within the sphere of escrow solutions, specializing in mergers and acquisitions.

We asked Vivian what it means to her to be an Arab American: "Being an Arab American carries with it a profound sense of privilege and responsibility. It grants me the opportunity to authentically represent my culture and heritage, acting as a bridge between different communities and promoting cultural understanding. Being a first-generation Middle Eastern woman in the legal field embodies a powerful symbol of resilience, determination, and the pursuit of excellence. I recognize the tremendous opportunity and responsibility I hold, as I am able to shatter stereotypes and challenge societal expectations. By excelling in my education, I strive to inspire and empower other Middle Eastern women to pursue their own educational aspirations and challenge societal expectations."