

IN SIGHT for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

Economic Recovery Resources

From the OAAP (www.oaap.org)

Job Search/Networking

- "The Art of the Informational Interview" (Martha Neil) – *In Sight* July 2007
- "Seven Things to Do While Your Dream Job Materializes" (Rebecca Nerison) – *In Sight* June 2005
- "How a Legal Recruiter Can Help Your Career" – *In Sight* September 2004

Career Transition

- "Reinvent, Rejuvenate, Have Some Fun" (Brian Kurth) – *In Sight* March 2009
- "What Can You Do With Your Law Degree?" (Hindi Greenberg) – *In Sight* May 2007
- "Contract Lawyering" (Katherine Foldes) – *In Sight* June 2006

Practice Management

- "Assessing Your Financial Fitness" – *In Brief* August 2007
- "Are You Getting Paid for What You Do?" (Dee Crocker) – *In Brief* June 2005

Stress Management

- "Managing Anxiety in Uncertain Times" – *In Sight* March 2009
- "The Emotional Seesaw" (on depression) – *In Sight* September 2005

Professional Development

- "How Personal Intelligence Impacts Your Professional Effectiveness" (Kenton Hill) – *In Sight* September 2008
- "Tips for Improving Your Time Management" – *In Sight* September 2007
- "Relax and Be More Productive" (Heather Decker) – *In Sight* September 2006

Other Resources

Articles and More

- ABA Economic Recovery Resources – portal containing articles, tips, and other resources on a variety of topics, from job searching to practice management to professional development and more (<http://new.abanet.org/economicrecovery/default.aspx>)

- "Pursuing Your Dreams after a Pink Slip," Amy Montemarano, *The Young Lawyer*, July 2009, ABA Young Lawyers Division (www.abanet.org/yld/tyl/july09/july09.shtml)
- "Quick Tips for Keeping Your Career in Gear," Jill Eckert McCall, *The Young Lawyer*, July 2009, ABA Young Lawyers Division (www.abanet.org/yld/tyl/july09/july09.shtml)

OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057
1-800-321-OAAP
www.oaap.org

Lawyers Helping Lawyers

- Alcohol & Chemical Dependency
- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

A free, nonprofit,
confidential program
for you.

Audio Downloads

- “Managing a Legal Career Transition in Tough Times” – NALP (www.nalp.org/legalcareertransitionvideo)
- “How to Sell Yourself: Developing the Perfect Pitch” – part of ABA Recession Recovery Teleconference Series (free to ABA members; \$14.95 for nonmembers) (www.abanet.org/cle/recoveryseries/home.html)
- “Recession-Proof Yourself: Take Control in a Down Economy” – part of ABA Recession Recovery Teleconference Series (free to ABA members; \$14.95 for nonmembers) (www.abanet.org/cle/recoveryseries/home.html)
- “Staying Positive in a Down Economy: Beyond the Group Hug” – part of ABA Recession Recovery Teleconference Series (free to ABA members; \$9.95 for nonmembers) (www.abanet.org/cle/recoveryseries/home.html)