

**LAWMENTO**

*Free Resource Series*

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# **First Year Law Student Survival Guide**

*Everything they don't tell you at orientation*

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10 Chapters | Academics | Internships | Mindset | Skills | Wellbeing | Career

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## A Note Before You Begin

Welcome to law school. You have worked hard to get here — and the challenges ahead are genuinely rewarding. But first year is also where many students stumble: not because they are not smart enough, but because nobody gave them a clear map.

This guide is that map. It is written for Indian law students entering a 5-year BA LLB / BBA LLB / BSc LLB programme or a 3-year LLB programme. It covers what to expect academically, how to build your career from day one, how to study smarter, and how to take care of yourself through it all.

### WHAT THIS GUIDE COVERS

- Chapter 1 — The Mindset Shift: Thinking Like a Lawyer
- Chapter 2 — Understanding Your First-Year Subjects
- Chapter 3 — How to Read a Case (Case Briefing)
- Chapter 4 — How to Study Law Effectively
- Chapter 5 — Academics: Exams, Marks, and Grades
- Chapter 6 — Building Your CV from Year One
- Chapter 7 — Internships in First Year
- Chapter 8 — Skills That Matter Beyond the Classroom
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## CHAPTER 01 >> The Mindset Shift

*Stop thinking like a student. Start thinking like a lawyer.*

The single biggest transition in first year is not the workload — it is the shift in how you think. Law school demands a different cognitive mode from everything you have done before.

### What Changes When You Study Law

In school and most undergraduate courses, you were rewarded for knowing the right answer. In law school, you are rewarded for the quality of your reasoning. The same question can have multiple valid answers — and the skill being assessed is your ability to argue, analyse, and apply, not just recall.

#### ! There are no purely right answers in law

When a professor asks 'Is this contract valid?', the correct response is not 'Yes' or 'No' but 'It depends on...' followed by a structured analysis of the relevant legal principles.

Train yourself to always ask: What is the issue? What rule applies? How does it apply to these facts? What is the conclusion?

## The Socratic Method — What to Expect in Class

Many law professors use the Socratic method: instead of lecturing, they ask you questions and push back on your answers to develop your reasoning. This can feel uncomfortable and even humiliating at first. It is intentional — it trains you to think on your feet under pressure, which is exactly what courtrooms and client meetings demand.

- Do the assigned reading before every class — cold calling is common
- Prepare by asking yourself 'What questions might a professor ask about this case?'
- Getting the 'wrong' answer is not failure — how you recover and reason through it is what matters
- Never bluff. Saying 'I am not sure, but I think...' and reasoning aloud is far better than confidently stating a wrong answer

## 5 Mindset Principles for First Year

### 1 Embrace ambiguity

Law is full of grey areas. The ability to sit with uncertainty and reason through it — rather than panic — is one of the most valuable legal skills.

### 2 Question everything — respectfully

Ask 'Why does this rule exist?' and 'What happens if we take this logic further?' Laws are human constructions with policy purposes — understanding why produces deeper understanding than memorising what.

### 3 Read everything you are asked to read

Unlike engineering or commerce, law cannot be summarised into a formula. The texture, facts, and reasoning of cases are the substance. Shortcuts catch up with you in exams and in practice.

### 4 Comparison is the thief of confidence

Every batch has students who appear to know everything, have a lawyer parent, or who ace every class. Focus on your own growth. Law school rewards consistency over genius.

### 5 Build grit, not just grades

The legal profession is long and demanding. The habits you build in first year — how you handle pressure, how you persist through hard material, how you treat colleagues — shape the lawyer you become.

## CHAPTER 02 >> Your First-Year Subjects

*What each subject actually is and how to approach it.*

Most 5-year law programmes share a common first-year syllabus. Here is a practical overview of each subject, what it is really about, and the approach that works best.

Subject	What It Is Really About	Study Tip
<b>Law of Contracts (Indian Contract Act, 1872)</b>	The foundational rules of every commercial and personal obligation. Offer, acceptance, consideration, breach, remedies.	<i>Master the definitions first. Then trace the lifecycle of a contract — formation, performance, breach, remedy. Every scenario maps to this flow.</i>
<b>Constitutional Law</b>	The supreme law. Fundamental rights, directive principles, separation of powers, federalism, amendment power.	<i>Read cases, not just the Constitution. The text is sparse — the interpretation by the SC IS the law. Start with Part III (Fundamental Rights) and the Basic Structure doctrine.</i>
<b>Law of Torts</b>	Civil wrongs not arising from contract. Negligence, defamation, nuisance, strict and absolute liability.	<i>Torts is highly case-based. Read Donoghue v Stevenson (negligence), Rylands v Fletcher (strict liability), M.C. Mehta (absolute liability). Understand the principle before the case.</i>
<b>Code of Civil Procedure, 1908 (CPC)</b>	How civil courts work. Jurisdiction, pleadings, trial, appeals, execution.	<i>CPC is procedural — focus on the scheme and sequence, not just individual sections. Draw flowcharts of the civil trial process.</i>
<b>Indian Penal Code, 1860 (IPC) / Bharatiya Nyaya Sanhita, 2023 (BNS)</b>	Criminal liability. Offences, exceptions, general defences, punishments.	<i>Focus on the general exceptions (Chapter IV IPC / equivalent BNS) and the elements of key offences. Actus reus + mens rea = the engine of criminal law.</i>
<b>Jurisprudence (Legal Theory)</b>	The philosophy of law. What is law? Natural law, positivism, realism, justice theories.	<i>Do not memorise — understand the schools of thought as conversations with each other. Austin, Hart, Fuller, Dworkin — know their core arguments and how they differ.</i>
<b>Legal Research &amp; Writing</b>	How to find the law and write about it clearly.	<i>This skill compounds over 5 years. Learn SCC Online, Manupatra, and AIR from day one. Master footnoting. Write concisely — every unnecessary word is a weakness.</i>
<b>Legal History / Constitutional History</b>	How Indian law evolved — from pre-colonial to post-independence.	<i>Context makes doctrine meaningful. Know why provisions exist before learning what they say.</i>

### ABOUT THE BNS / BNSS / BSA

As of 2024, India has replaced the IPC, CrPC, and Indian Evidence Act with the Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and Bharatiya Sakshya Adhinyam (BSA). Your curriculum may still reference the older statutes or have transitioned to the new ones. Be familiar with both — exams and practitioners will reference both for several years.

## CHAPTER 03 >> How to Read a Case

*The FIRAC method — your most important first-year skill.*

Reading case law is the core academic skill in law school. A law student who cannot read a case efficiently is like a medical student who cannot read an X-ray. This chapter teaches you the FIRAC method — the framework used by lawyers and judges worldwide.

## Why Case Reading Is Different

Cases are not textbooks. They are judicial opinions — written by judges for judges, not for students. They contain procedural history, competing arguments, obiter dicta (observations not forming part of the ratio), and dissenting opinions. Your job is to extract the ratio decidendi — the legal principle that the court decided the case on.

## The FIRAC Framework

### F Facts

The relevant background. Who are the parties? What happened? What events led to the dispute? Note only legally significant facts — not every detail in the judgment.

### I Issue

The precise legal question the court was asked to decide. Frame it as a specific question: 'Whether...'. Good issue framing is half the analysis. There may be multiple issues in one case.

### R Rule / Ratio Decidendi

The legal principle or rule of law the court applied. This is the heart of the case — the binding precedent. Distinguish it from obiter dicta (things said in passing that are persuasive but not binding).

### A Application / Analysis

How the court applied the rule to the specific facts. The reasoning. This is what you should study most carefully — it shows you how the legal principle operates in practice.

### C Conclusion

What the court decided. The judgment — who won, what relief was granted, what was dismissed. Note whether it was a majority opinion, concurrence, or dissent.

## Case Brief Template

### CASE BRIEF — [Case Name v. Case Name, (Year)]

COURT & YEAR: [e.g., Supreme Court of India, 1973]

BENCH: [e.g., 13-Judge Constitution Bench]

FACTS: [2–4 sentences on the legally relevant background]

ISSUE(S): [Frame as question(s) — 'Whether...']

RATIO / RULE: [The legal principle the court laid down]

APPLICATION: [How the court reasoned through the facts]

CONCLUSION: [What the court decided and the relief granted]

OBITER DICTA (if any): [Notable observations not forming ratio]

DISSENT (if any): [Who dissented and why — often important]

SIGNIFICANCE: [Why this case matters — what principle it established or changed]

### HOW LONG SHOULD A CASE BRIEF BE?

For most cases: one A4 page or less. The discipline of condensing a 50-page judgment into one page is the skill. If you cannot fit it on one page, you have not understood it well enough yet.

Exception: Constitution bench judgements and landmark cases may warrant 2 pages due to multiple concurrences and dissents.

## CHAPTER 04 >> How to Study Law Effectively

*Methods that work. Habits that compound.*

Law school has a lot of reading. Most students try to read everything front-to-back and feel perpetually behind. This chapter is about working smarter — knowing what to read, how deep to go, and how to retain what you learn.

### The 3-Pass Reading Method

For every assigned reading — case, statute, or article — use three passes:

**1st  
Pass**

#### Skim (5 min)

Read headings, sub-headings, the first and last sentence of each paragraph. Get the shape of the argument before diving in. This prevents you from getting lost in the detail.

**2nd  
Pass**

#### Read Carefully (20–40 min)

Now read for understanding. Annotate. Mark the issue, ratio, key definitions, and important reasoning. Don't highlight everything — highlight sparingly and annotate in your own words.

**3rd  
Pass**

#### Consolidate (10 min)

Write a 5-line summary in your own words. If you cannot do this, you have not understood the material. This summary becomes your revision tool later.

## Note-Taking for Law Students

- Use subject-wise notebooks or folders — do not mix subjects
- For cases: always use the FIRAC format — see Chapter 3
- For statutes: note the section number, key operative words, and an example of its application
- For lectures: take skeletal notes and flesh them out within 24 hours while the class is fresh
- Link cases to statutes and principles — law is a web, not a list

## Building a Subject Master Document

For each subject, maintain one Master Document that compiles:

- All important definitions (from statute + case law)
- Key cases with one-line ratio for each
- Important sections with brief notes
- Questions asked in previous year papers
- Your own summaries of complex topics

This document becomes your exam revision companion. Build it throughout the semester — not in the week before exams.

## Revision Strategy

Technique	How to Apply It in Law School
<b>Spaced Repetition</b>	Review case briefs and definitions at increasing intervals: Day 1, Day 3, Day 7, Day 14. Use flashcards or apps like Anki.
<b>Active Recall</b>	Close your notes and try to recall the ratio of a case, the elements of an offence, or the test from a landmark judgement. Struggling to recall is what creates memory.
<b>Teaching Out Loud</b>	Explain a legal concept to a classmate or even to yourself. If you cannot explain it simply, you do not understand it well enough.
<b>Past Paper Practice</b>	Solve previous year exam questions under timed conditions from Week 8 onwards. Law exams are pattern-based — past papers reveal the pattern.
<b>Issue-Spotting Drills</b>	Take a hypothetical fact pattern and identify every legal issue it raises. This is the core skill in law exams and practice.

## CHAPTER 05 >> Academics: Exams, Marks & Grades

*How law school assessment works and how to perform.*

Law school assessment is different from what most students are used to. Here is what you need to know about how you are evaluated and how to perform well.

## Types of Assessment

- Written examinations (end-semester) — typically 60–70% of total marks. Long-form answers to problem questions and theoretical questions.
- Internal / Continuous Assessment — attendance, class participation, class tests, assignments — typically 30–40% of marks.
- Moot courts, seminars, and viva voce — subject to individual faculty requirements.
- Research papers / project submissions — most subjects have a research paper or project component.

## How to Write a Law Exam Answer

The format that works best for law exams in India:

### Step 1 Identify the Issue(s) in the question

1

Every exam question is built around a legal issue. State it explicitly upfront: 'The issue in this question is whether X is liable for Y under Z law.'

### Step 2 State the Applicable Rule

2

Cite the relevant statute section and/or landmark case. 'Under Section \_\_\_ of the \_\_\_ Act / As held in \_\_\_ v. \_\_\_, the rule is...'

### Step 3 Apply the Rule to the Facts

3

This is where most marks are won or lost. Do not just state the rule — apply it to the specific facts given. Show your reasoning step by step.

### Step 4 Conclude Clearly

4

State your conclusion directly. Avoid fence-sitting — examiners prefer a reasoned conclusion over non-committal hedging.

## Attendance — Take It Seriously

In most law schools in India, a minimum of 75% attendance is mandatory to appear in the end-semester examination. Below this threshold, you may be barred from writing the exam — which can cascade into back-papers and delayed graduation. Do not treat attendance as optional in the first year.

### BAR COUNCIL RULE

The Bar Council of India mandates 70% minimum attendance for law students as a condition of eligibility for enrolment as an advocate. Many universities set a higher bar (75–80%). Non-compliance has career consequences beyond just exams.

## CHAPTER 06 >> Building Your CV from Year One

*You are already behind if you wait for third year.*

The biggest mistake first-year law students make is assuming that CV-building starts in third or fourth year. The students who stand out at graduation started in first year — not with big achievements, but with consistent, deliberate effort.

## What Belongs on a First-Year Law Student CV

- Law school name, year, and programme with current CGPA (if above 7.0 / 70%)
- Any internship or work experience — even a 2-week vacation internship counts
- Moot court competitions — even if you lost in the first round
- Legal aid clinic participation
- Law journal / law review membership or articles published / selected
- Debate, MUN, or public speaking competitions
- NSS, NCC, or community service with a legal dimension
- Any research paper submitted to a seminar or conference
- Relevant online certifications (legal research, contract drafting, arbitration)

## Quarterly CV Building Goals — Year 1

Period	Goal
<b>Semester 1 (Months 1–3)</b>	Set up a professional email. Create a basic CV. Get to know your professors. Attend every moot orientation event your college holds. Join at least one student committee or legal aid clinic.
<b>Semester 1 (Months 4–6)</b>	Apply for one vacation internship (even at a local lawyer's office or NGO). Participate in at least one intra-college competition. Begin reading a legal newspaper or blog regularly.
<b>Semester 2 (Months 7–9)</b>	Complete your first internship. Write a 500-word reflection on what you learned. Explore the law journal or review at your college and submit a piece for consideration.
<b>Semester 2 (Months 10–12)</b>	Apply for a summer internship (for the summer after first year). Participate in one inter-college competition if possible. Update your CV with everything from the year.

## LinkedIn for Law Students

- Set up a LinkedIn profile in your first week — not your last year
- Headline: '[Year] Law Student at [Law School] | Interested in [Area of Law]'
- Connect with seniors from your college who are now associates or at good firms
- Follow law firms, judges' columns, and legal publications
- Post about moots, internships, and articles you find interesting — 2–3 times a month
- Never copy-paste a template bio — write one sentence that is genuinely yours

## CHAPTER 07 >> Internships in First Year

*You can and should intern in first year. Here is how.*

Many first-year students believe internships are only for third and fourth years. This is wrong. First-year internships are shorter, more modest in scope, and primarily for observation and learning — but they are valuable precisely because they give you context for everything you study in class.

## What First-Year Interns Actually Do

- Observe court proceedings and chamber hearings
- Research specific legal questions assigned by the advocate
- Draft basic documents under supervision — letters, notices, simple agreements
- Assist with filing, indexing, and organising case files
- Read and summarise judgements

This is enough. You are not expected to argue cases in first year. The goal is exposure, observation, and building the professional habit.

## Where to Intern in First Year

- District Court / High Court — shadow a junior advocate for 2–3 weeks
- NGOs with legal aid programmes — excellent for public interest law experience
- Legal aid clinics at your own college
- Law firm (if you can access one) — even a local firm is valuable
- Government legal departments — District Legal Services Authority (DLSA) is intern-friendly

### QUALITY OVER BRAND IN FIRST YEAR

A first-year student at a Supreme Court senior advocate's chamber is less valuable than a first-year student who is genuinely curious at a district court, because the learning happens through attention and engagement, not prestige.

Use first year to learn what the legal profession actually looks like from the inside. Brand chasing starts in third year — not now.

## CHAPTER 08 >> Skills That Matter Beyond the Classroom

*The lawyer you become is built outside lectures.*

Legal knowledge is the floor, not the ceiling. The lawyers who stand out in practice — and in law school — are distinguished by skills that are rarely taught in a classroom. Start building these in first year.

## Legal Research

The ability to find the law quickly and accurately is foundational. Master these tools early:

- SCC Online (Supreme Court Cases Online) — *standard for Indian case law — learn advanced search operators*
- Manupatra — *comprehensive Indian law database with judgements, statutes, articles*
- AIR (All India Reporter) — *print and online, widely cited in courts*
- IndianKanoon.org — *free, publicly accessible, excellent for primary research*
- Westlaw / LexisNexis — *for international and comparative law research*

Learn: Boolean search operators, case citation formats, how to trace the full history of a case (whether it was affirmed, overruled, or distinguished).

## Legal Writing

Clear, precise, and logical writing is the most valuable career skill a lawyer has. Every email, brief, agreement, and argument depends on it.

- Write short sentences. Lawyers who write long sentences are harder to understand and less persuasive.
- Use active voice wherever possible.
- One idea per paragraph.
- Never use a legal term when a plain word works just as well.
- Read your writing aloud before submitting — if you stumble, rewrite.
- Practise through: moot memorials, law journal articles, and assignment answers.

## Public Speaking & Oral Advocacy

- Join every moot opportunity — intra-college moots in first year are low-stakes practice
- Participate in debates, Model UN, or college seminars
- Practice speaking in class — answer questions even when uncertain
- Record yourself speaking and watch it back — uncomfortable, but effective
- The goal is not eloquence. It is clarity, structure, and composure under questioning.

## Networking — The Right Way

Networking in law is not handing out cards at events. It is building genuine professional relationships over time.

- Introduce yourself to every guest lecturer and visiting faculty — one sentence, your name, and a thoughtful question
- Stay in touch with seniors — a short LinkedIn message after their talk goes a long way
- Be genuinely helpful to classmates — the legal community is small and memory is long
- Never reach out to someone only when you want something — add value first

## CHAPTER 09 >> Mental Health and Wellbeing

*You cannot practice law if you break down before you graduate.*

Law school is demanding. The combination of heavy reading, competitive peers, high-stakes exams, and the pressure to build a career creates real mental health challenges. This chapter is not an afterthought — it is one of the most important.

### What First-Year Students Commonly Experience

- Imposter syndrome — *feeling like everyone else understands the material and you alone do not.*
- Comparison anxiety — *measuring your progress against peers who seem further ahead.*
- Burnout — *hitting a wall after weeks of intense reading and class preparation.*
- Isolation — *especially for students new to the city or away from home for the first time.*
- Fear of professors and cold-calling — *anxiety about being called on in class and 'getting it wrong'.*

**YOU ARE NOT ALONE**

Research consistently shows that law students experience anxiety, depression, and stress at rates significantly higher than the general population and other graduate students. Recognising this is not weakness — it is the first step to managing it. Most lawyers, if honest, will tell you they experienced the same in first year.

## Practical Strategies for Wellbeing

### Sleep **Non-negotiable**

7–8 hours of sleep is not a luxury — it is a cognitive requirement for the kind of analytical thinking law demands. Sleep deprivation degrades reasoning, memory, and emotional regulation — all critical for a law student.

### Exercise **20 minutes a day**

Physical movement is one of the most evidence-backed interventions for stress and anxiety. A 20-minute walk between study sessions is more restorative than scrolling for the same time.

### Social Connection **Do not isolate**

Law school can feel hypercompetitive. Find 2–3 classmates you trust and build real friendships. Talking through difficult concepts with peers also dramatically improves understanding.

### Boundaries with Study **Stop at a fixed time**

Studying until midnight every night is not sustainable. Set a fixed end time. Time-box your reading. Structured rest makes the study time more productive.

### Seek Help Early **Before it becomes a crisis**

If you are struggling — with material, with anxiety, with isolation — speak to a professor, senior, or counsellor. Most law schools have student support resources. Using them is a sign of self-awareness, not weakness.

## The Comparison Trap

Law school has a way of making everyone feel like they are behind. The student who seems to have read everything and knows every case has usually been strategic about what they read, has a lawyer parent, or is performing more confidence than they feel. Do not make your private anxieties against someone else's public performance.

**Your benchmark is your past self — not your classmates.**

## CHAPTER 10 >> The 5-Year Roadmap

*Where to be and what to do — year by year.*

First year is about foundations. But knowing what the full journey looks like helps you make better decisions from day one. Here is a broad roadmap for a 5-year law programme.

Year	Academic Focus	Career Focus	Key Milestone to Hit
Year 1	Foundations: Contracts, Constitution, Torts, CPC, IPC/BNS, Jurisprudence	First internship (short), intra-college moot, join one committee	Complete 1 internship. Set up LinkedIn. Win or participate in 1 moot.
Year 2	Property Law, Family Law, Evidence, Admin Law, Company Law (begins)	Summer internship at a law firm or NGO, first inter-college moot	Complete 2+ internships. 1 published article or law journal piece.
Year 3	Labour Law, IPR, Criminal Procedure, Taxation, Arbitration	Targeted internships in preferred practice area, national moot courts	3–4 strong internships. Clarity on litigation vs. corporate vs. policy path.
Year 4	Specialisation subjects, Dissertation begins, Clinical courses	Intensive internships in chosen area, clerkship applications, networking	Dissertation draft started. Offer or near-offer from target firm/chamber.
Year 5	Dissertation, Specialisation, Bar Exam Preparation	Pre-placement offers (if corporate), Bar enrolment preparation	Graduate with 6+ internships, 2+ publications, clear career direction.

## Myths vs. Reality — First Year Edition

These are the most common misconceptions that slow first-year law students down. Correcting them early saves time and anxiety.

<p><b>MYTH</b> You need to memorise every section of every statute.</p>	<p><b>REALITY</b> You need to understand principles and know where to find the law. Exams test application, not memorisation. Lawyers use statutes, not their memory of them.</p>
<p><b>MYTH</b> Grades are everything.</p>	<p><b>REALITY</b> Grades matter, but they are not everything. A student with a 6.5 CGPA and 6 strong internships will outperform a 8.5 student with nothing on their CV in the job market.</p>
<p><b>MYTH</b> You must already know what area of law you want to practise.</p>	<p><b>REALITY</b> Most lawyers find their area in third or fourth year. First year is for exploration, not specialisation. Keep an open mind.</p>
<p><b>MYTH</b></p>	<p><b>REALITY</b></p>

<p>Going to court and corporate law are the only options.</p>	<p>Law graduates work in litigation, corporate firms, government, academia, NGOs, policy, legal journalism, legal tech, judiciary, and international organisations. The field is vast.</p>
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<p><b>MYTH</b> Only students from top-ranked NLUs get good opportunities.</p>	<p><b>REALITY</b> NLU graduates have structural advantages, but non-NLU students consistently land excellent careers through internships, mooting, publications, and networking. The path is harder but it exists.</p>
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<p><b>MYTH</b> First year does not really count for much.</p>	<p><b>REALITY</b> First year sets your study habits, your professional identity, and your foundational understanding of law. The habits formed in first year — good and bad — follow students for the entire five years.</p>
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<p><b>MYTH</b> You should not approach professors — they are intimidating.</p>	<p><b>REALITY</b> Most law professors are approachable and actively want to mentor curious, engaged students. Visit office hours. Ask questions after class. This is one of the highest-leverage actions in first year.</p>
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## Final Words

First year is hard. There will be weeks when you feel overwhelmed, weeks when you question whether you belong, and weeks when a case simply will not make sense no matter how many times you read it. This is normal. This is the process.

The law is learned slowly, layer by layer. Every case you read, every class you attend, and every argument you make in a moot adds to a foundation that you will stand on for the rest of your career.

The students who do best in law school — and in the profession — are not always the most naturally gifted. They are the most consistent, the most curious, and the most willing to do the work when it is hard.

**You chose this path for a reason. Honour it.**

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