

**LEARNING SURVIVAL IN LEGAL PRACTICE
ABSTRACT**

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Research has shown significant levels of depression and high rates of mobility among lawyers suggesting low levels of satisfaction.

This paper reports the findings of a pilot project conducted in 2006, looking at graduates from 1997-2004 from one law school. The research sought to identify the major causes of stress and dissatisfaction among lawyers and to correlate that information with measures of the lawyers' mental wellbeing (neuroticism), emotional intelligence, and the type of legal education and practical legal training (PLT) they had received.

The researchers combined qualitative and quantitative research methods, using a questionnaire and inviting participants to do an interview and reflect on the value and relevance of their legal education and training based on their subsequent experience as practicing lawyers.