

LEGALCOMPASS

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FREE LEGAL GLOSSARY

Accommodation: A human rights concept that refers to making changes that allow a person or group protected by the *Human Rights Code* to participate in the workplace; most often required with respect to disability, creed, and pregnancy; for example, accommodating a blind employee could involve providing a voice synthesizer on a computer.

Mens Rea Offence: an offence for which the prosecution must prove that the defendant committed the illegal act and had a guilty mind (i.e., the knowledge, intent, or willingness to commit the act).

Paramourcy: A principle providing that if a law falls within the jurisdiction of both the federal and provincial governments, the federal government takes jurisdiction.

Ratio Decidendi: The governing legal principle or rule on which a judge's decision in a case is based.

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HABITS: THE CORNERSTONE OF LAW SCHOOL STRESS TOLERANCE

You'd have to be living under a rock to have missed the new emphasis, in popular culture, on life balance and self-care. Both have been touted as remedies for anything from career frustration and heartbreak to physical ailments. While an expensive skincare routine won't protect you from a tough job market, there's real evidence supporting the positive influence of certain kinds of lifestyle efforts – particularly those that involve lasting change to habits – on stress. That influence, in turn, can help you better handle life challenges like the rigours of law school.

Our habits – both good and bad – form a web of behavioural shortcuts that we've developed to reduce the number of decisions we have to make. For instance, a habit of collapsing onto the couch after class and spending the next 90 minutes scrolling social media saves us from deciding whether we'll work out after school, and whether we'll cook dinner instead of ordering takeout yet again. Simple: we'll do neither, because now there's no time.

Limiting decision-making by scrolling TikTok DOES reduce our stress a little, but not as much as other habits might. It's bad for our fitness, our food budget, and our self-esteem. Hence the argument for actively upgrading our habits, even by small increments. For instance, if

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HABITS: THE CORNERSTONE OF LAW SCHOOL STRESS TOLERANCE

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we took 30 seconds to pop a frozen lasagna into the oven BEFORE commencing our scroll-fest, we'd save a little money and feel a little better.

Eating better, sleeping more, exercising when we can, and reaching out to friends are habits that produce real health benefits in the form of lower cortisol levels and higher levels of mood-enhancing chemicals like endorphins and serotonin. Better planning and task management habits reduce the mental load of remembering everything at once. All of these offer the promise of lower stress, higher resilience, and greater life satisfaction in challenging times – like during law school.

Want to learn more about how to make your habits work for you? Get yourself a copy of *How to Succeed (and Stay Human) in Law School* by Lynda Collins, creator of the popular University of Ottawa course Happiness and the Law.

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canlawforum.com

Barrister/Solicitor Licensing Process:
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canadianlawyeromag.com

precedentjd.com

GOVERNMENT RESOURCES

CanLII: canlii.org/en

e-Laws: ontario.ca/laws

Justice Department: justice.gc.ca/eng

HOW TO SUCCEED (AND STAY HUMAN) IN LAW SCHOOL

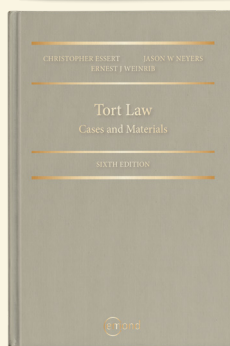
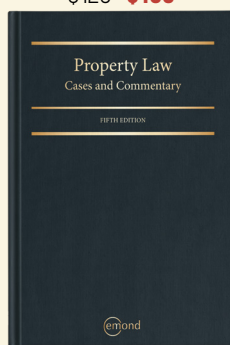
AUTHORED BY LYNDA COLLINS



“This is the book that I needed when I went off to law school more than three decades ago.”

—Adam Dodek, LSM
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Faculty of Law, University of Ottawa

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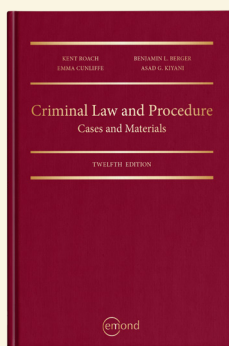


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BUSINESS HAS NEVER BEEN AS USUAL

Here at Emond Publishing, we're excited to have recently published the third edition of *Business Organizations: Practice, Theory and Emerging Challenges*. It's been eight years since this book was last revised, and much has changed in the subject area.

While you might suggest that every area of law changes quickly, we're referring to more than just legal developments when we talk about the evolution of corporations. There have been, over the years, many significant shifts in the cultural and philosophical perception of the role of corporations in society.

Over the past 500 years, views about corporate purpose have evolved, such that companies that were once accepted to be pure profit-making entities have become increasingly expected to serve a broader societal role.

In the early modern period (1500s–1700s), corporations were primarily tools of empire and profit. Joint-stock companies like the British East India Company and the Hudson's Bay Company were formed to exploit trade routes, colonize territories, and generate wealth for shareholders. These companies operated under charters granted by monarchies, often enjoying monopoly power. Their sole purpose was financial gain, with little regard for local populations or ethical concerns.

The Industrial Revolution (late 1700s–1800s) marked a new phase in corporate expansion. Manufacturing scaled rapidly, and new business models emerged to maximize productivity. The purpose of companies remained firmly rooted in growth and return on investment. Labour conditions were often brutal, and environmental degradation rampant. While a few industrialists introduced more humane labour practices, they

were rare exceptions.

In the early 20th century, as corporate power grew, so did public concern. Labour unions and social movements demanded better working conditions and fairer wages. In response, the idea of “corporate responsibility” began to take shape. During the New Deal era in the US, corporations were increasingly expected to consider their impact on workers and society, not just shareholders.

But as the century wore on, the pendulum swung again. In 1970, economist Milton Friedman famously declared that “the social responsibility of business is to increase its profits.” This marked the ascendancy of the shareholder primacy model. Corporations became increasingly focused on maximizing shareholder value, often at the expense of broader social or environmental concerns.

The 21st century has seen a growing re-evaluation of corporate purpose. Concerns about climate change, inequality, and systemic risk have prompted calls for a model of the corporation that recognizes diverse constituencies: not just shareholders, but also employees, customers, and the public at large. Our new edition of *Business Organizations* reflects these changes, which have been significant even over just seven years. The question is – in the face of an uptick in both climate change denialism and anti-DEI rhetoric – how will corporate responsibility be perceived by the time today's law students are in practice?

Visit Emond.ca today to buy your copy of the brand-new 3rd edition of *Business Organizations: Practice, Theory and Emerging Challenges*.



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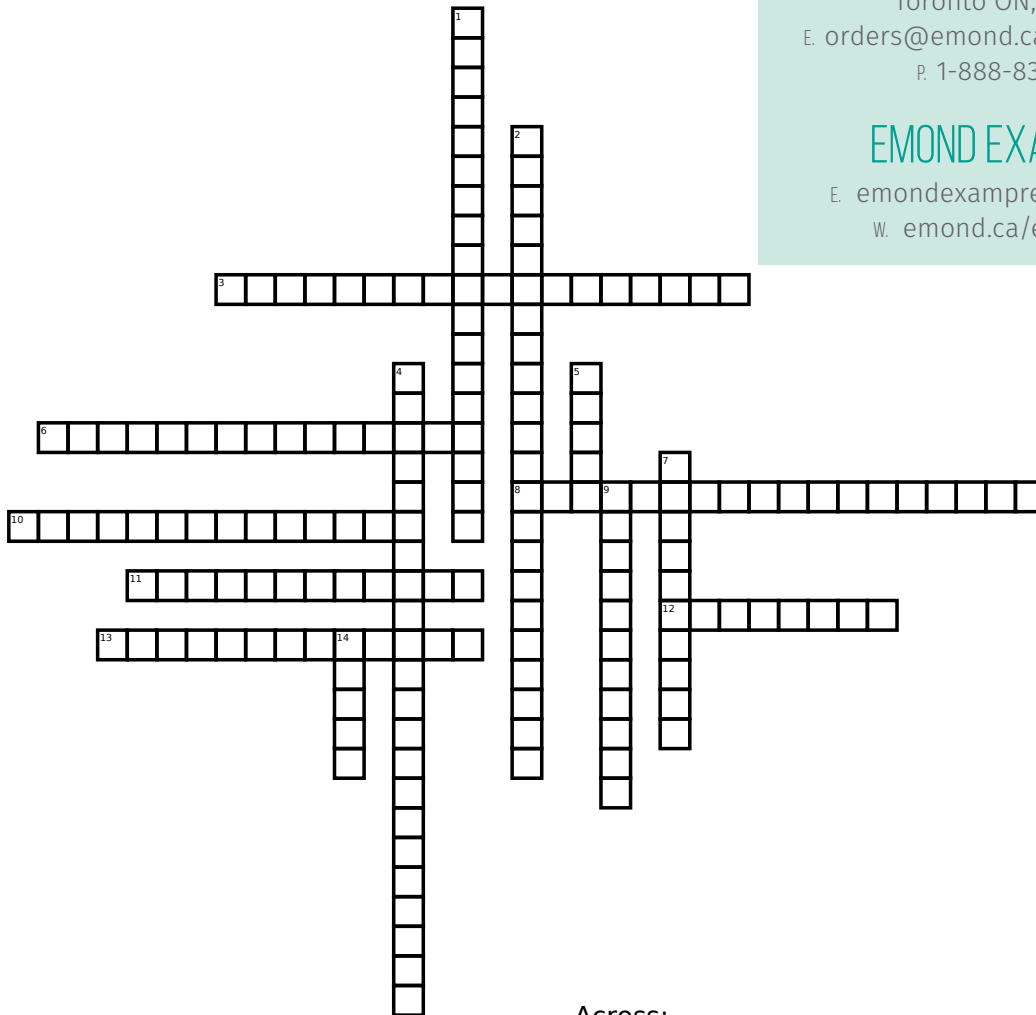
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Down:

1. Where a plaintiff has a condition pre-dating a tort that would have naturally worsened over time, the defendant is not responsible to the degree that the condition would have naturally worsened
2. A new intervening act or event that breaks the chain of causation
4. Intentional intrusion into the private affairs of another without lawful justification, and that would be highly offensive to a reasonable person
5. A tort that protects the reversioner from acts of a life tenant that might injure or despoil the land
7. Falsely representing one's own product or service as that of another, with the intent to deceive consumers
9. The substitution of one party for another, where the substituted party takes on the rights and remedies of the original party
14. A published false statement that is damaging to a person's reputation

Across:

3. A lie told by a liar who knew it would cause damage or harm
6. The thing speaks for itself
8. An intentional act that interferes with another's personal property without causing permanent damage or dispossession
10. A false statement, made maliciously, that disparages the quality of goods manufactured and sold by the claimant
11. The onset of a psychiatric illness caused by witnessing the negligent action, or the results thereof, of another
12. The unreasonable interference with enjoyment of private property
13. Pre-existing conditions making a person more prone to injury do not absolve the defendant from liability for all damages flowing from their actions