



NCPA



The Association of
Legal Assistants • Paralegals

The NCPA is an
Affiliate Member
of the
National Association
of Legal Assistants, Inc.

Forum

North Carolina Paralegal Association, Inc. Spring 2006



noun [C]; *fôr-əm*
an occasion or a place for talking about a matter of public interest

The Paralegal's Role in the Settlement Process

Settlement Agreement and Release

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The Power of Settlement
Documentary Videos

Blow It, or Tend It -
Structured Settlements

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The Role of the
NALA Liaison

The NCPA Forum

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President's Message

Erin N. Burris, CP



Happy New Year!

January is a good time to evaluate the past year and to set goals and resolutions for the current year.

We all have daily tasks such as running errands, cooking, cleaning, laundry, and yard work, in addition to our full-time jobs at the office. We are involved in so much these days that sometimes it seems difficult to find the time to spend a few moments with our families or even by ourselves. We obviously can't do everything at once but we also can't procrastinate forever.

As my "To Do" list gets longer, I am searching for more effective ways to complete my goals.

Here are some steps from eHow.com for making your resolutions stick:

1. Be realistic by setting achievable goals. Winning the lottery, for example, is out of your grasp.
2. Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly" or "I will cut down on my television watching."
3. Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.
4. Find alternatives to a behavior that you want to change, and make this part of your resolution plan. So you want to quit smoking but you smoke to relax yourself? What other forms of relaxation are available to you?
5. Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect of you.

How can NCPA help you achieve your goals?

As an NCPA member, you have an instant support system at your fingertips! We are here to encourage and to mentor you.

Are you ready to become a NALA Certified Legal Assistant (CLA)/Certified Paralegal (CP)?

NCPA offers a CLA/CP Review course every fall in conjunction with its Mid-Year Seminar (September 15-16, 2006 at the Embassy Suites in Cary, NC)

Are you looking for a new job?

Take advantage of NCPA's Job Bank through its website. Search the job postings or place your own post.

Do you want to get involved in the paralegal community?

Serve as an Officer, Director or Executive Committee member for NCPA.

Do you want to participate in volunteer work?

Legal Aid of North Carolina and other organizations can use your help. Please visit our website for all pro bono opportunities.

Are you looking for ways to expand your knowledge or to fulfill educational requirements for certification?

Attend one of NCPA's educational seminars:

- Annual Seminar and Meeting - March 30 - April 1, 2006 (Atlantic Beach, NC)
- Mid-Year Seminar - September 15-16, 2006 (Embassy Suites in Cary, NC)

Here are some helpful websites to guide you in setting and following through with your goals:

- <http://www.mygoals.com>
- <http://mentalhealth.about.com/od/selfhelp/a/newyears.htm>
- <http://www.habitsmart.com>
- http://www.ehow.com/how_12077_make-new-years.html

Good luck. I look forward to seeing you at Atlantic Beach in March.



Chairman's Message

Belinda A. Thomas, CLAS



GULLIBLE'S TRAVELS

Last summer I wrote to you regarding my experience with taxi drivers in Kansas City when I attended the NALA Convention. I thought nothing could top that experience. However, today I'm seated in the RDU airport waiting for my flight. I'm on the way to Tulsa, Oklahoma to grade the Judgment and Analytical and Communications sections of the CLA/CP Exam. At least, I hope I am. Did you know you cannot be one minute late if you are going to check baggage or they will automatically delay you until the next flight? Well, I didn't know that, but I do now. (I'm a fast learner.) All I wanted was a manicure and a pedicure on my day off before I flew to Tulsa. I purposely did not work even though the flight was not until 3:00 p.m.. I knew I would be my usual stressed out, uptight, fed up self if I went in to work, so I slept in, cooked a nice breakfast and went to have my nails done. I guess I became a little too relaxed! I was a few minutes late arriving at the airport to check in. I'm now a "stand-by" passenger hoping to hear my name called for a seat. (I'm worried at this point because there is a sign at the desk that says "please notify an agent if you're willing to take a later flight for compensation.") I'm a little concerned as well if I'll ever see my luggage again. The lady at the gate was talking too fast for me to understand. She said something about the weight of my luggage. Does anyone know of a Goodwill store in Tulsa?

It is now 4:15 p.m. and my fears were realized. When it was time to board, I found that the plane was overbooked by six people. I now am on standby for a flight to St. Louis (maybe). That flight is completely full but not overbooked. I'm now praying for someone not to show. Not only that, my luggage is somewhere singing, "You take the high road and I'll take the low road and I'll be in Tulsa 'afore you."

The time is 7:00 p.m. and I did get to St. Louis. One person didn't show. Prayers are answered. Now it looks like I'll get to Tulsa before my luggage. The interesting part is I'm not my usual stressed out, uptight and fed up self. All in all, this has been a pretty great adventure!

This is my last report as NCPA Chairman of the Board. In my past reports, both as President and Chairman, I have tried to be an encouragement of all of you. NCPA and NALA have given me four years of experiences in my life, which are invaluable. I have seen history in the making in our profession with certification in North Carolina. I have been able to share my ideas and gain knowledge

by speaking at two NALA Conventions. I was honored in 2005 when Deb Monke, NALA President, asked me to serve as a member of the NALA Certifying Board. Due to my experiences, I am more outgoing, courageous and have developed incredible survival skills when traveling! Once again, I close with a challenge for each of you to become an active member of NCPA by volunteering your time as an officer, director or committee chair. There is absolutely nothing to lose and much to gain. You will never regret it. Who knows, you may become one of the "jet set" like me. Now where did I put that boarding pass?

CORRECTIONS

The Winter 2005 issue should have reported that the North Carolina Board of Paralegal Certification Committee has proposed that the exam contain 200 (not 500) questions. They hope to have a data pool of at least 500 questions.

The Winter 2005 issue on page 16 should have thanked the contributors of the Mid-Year Seminar (not the Annual Seminar).

Has your



address changed?

Please be sure to let us know so we can keep you informed of what's happening in our profession.

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