

Office of Student Support Newsletter

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Welcome to the inaugural issue of the Office of Student Support's (OSS) online newsletter! This periodic communication will contain information and updates from the Office, news about new initiatives, opportunities, and events for SMHS students, and student and faculty showcases.

Announcing the OSS Website

The Office of Student Support is pleased to announce the launch of our website! You can visit us online at oss.smhs.gwu.edu.

Learn About Us & Meet our Team!

The goal of OSS is to provide all SMHS students with the highest quality support as you navigate the School of Medicine and Health Sciences and the larger GW community. Our Office supports a number of student centered initiatives, including but not limited to:

- Academic Support
- Mental Health Support
- Student Life and SMHS Community Building

Rhonda Goldberg, MA: Associate Dean for Academic Affairs

Lorenzo Norris, MD: Associate Dean for Academic Affairs and Administration

Patrick Corr, M.Ed. (he/him/his): Director of Student Programs

Nick Atlas, MA: Senior Academic Advisor

Visit our [website](#) to get to know us more!

Pumpkin Spice Lattes on OSS!

We would love to meet you for coffee and share ideas about our office, but the COVID-19 has other ideas. The next best option is for us to buy you coffee virtually. We are asking all SMHS students to take a look at our website and send us ideas for workshops, initiatives, services, or any other thoughts you have about OSS.

We will conduct a random drawing of the best responses to select 10 winners. Email all submissions to our team at SMHSstudents@gwu.edu!

Some Things in the Works!

Peer Tutoring: OSS is preparing to launch a peer tutoring program for students across SMHS! Look for details on the Academic Support section of our website shortly. If you have any questions or are interested in learning more, contact us by emailing SMHSstudents@gwu.edu

Wellness Workshops: OSS is developing a series of workshops to explore issues related to personal wellness, stress management, and balancing school and life.

Call for Applicants: GW Wellness Committee

"The Well," a group of SMHS students, staff, and deans who promote wellness via Instagram, projects, programs, activities, and other avenues.

Health Science Students who are interested in joining the committee should send a paragraph about why they want to get involved with The Well to SMHSStudent@gwu.edu. The leadership of this group will choose up to 4 students to join.

The Well meets monthly to discuss topics of interest for the SMHS community. If you have any questions about The Well, please contact Shelly Mishra by emailing mishras@gwmail.gwu.edu.

Talkspace

As educators of our future healthcare professionals we know how important mental health is and therefore we are pleased to offer all SMHS students a FREE subscription to Talkspace, a text-based counseling service. Via a special algorithm you will be matched with a therapist that best suits you and your needs.

To register, go to www.talkspace.com/gwu and input your GW email address. After you have finished registering and have been matched with your therapist you have the opportunity to schedule an optional 10-minute live video introduction session. Moving forward you can send text, video, and pictures messages to your therapist who will respond in a similar fashion. For additional details on how you may benefit from this service, please visit the Talkspace [FAQ page](#).

New Access to Digital News Subscriptions

Effective November 6, all GW students, faculty, and staff have free, full online access to *The Washington Post*, *The Wall Street Journal*, and *The New York Times*!

This new access is made possible thanks to the collaboration between university leaders and the Student Association - including Catherine Morris, SA Chief Policy Advisor, and Zachary Nosanchuk, SA Senate Chief of Staff - to improve the student experience, provide resources that benefit the entire community, and support the university's core academic mission. For additional information and access instructions, visit the [GW Libraries website](#).

Contact Us

We look forward to sharing our resources, hearing your feedback, and growing as a part of the SMHS community!

You can also contact our team by emailing SMHSstudents@gwu.edu or calling 202-994-2818.