

Office of Student Support Newsletter

Welcome back to GW!

The Office of Student Support hopes the Spring semester is going well! We recognize that things still look different due to COVID-19, but we are encouraged by all the wonderful things members of our school have been doing to keep safe and care for our community in DC and each other.

As we settle into the Spring 2021 semester, we welcome everyone to visit our [website](#) for information on academic support resources, mental health support, and upcoming events.

Upcoming Events

Managing Test Taking Anxiety: The second of our workshops will focus specifically on the phenomenon of test taking anxiety and how students can best prepare for examinations and manage accompanying stress. This conversation will also be led by Dean Lorenzo Norris and Nick Atlas and will take place on **Tuesday, March 2 at 5:30pm ET** via Webex.

Please complete this [form](#) to RSVP for this event!

Managing Stress & Anxiety: We had our first workshop on February 4th which was very successful. The discussion on the management of stress and anxiety was very interactive and many ideas were shared by the group. Please visit our website if you would like to view the recording.

Introducing Peer Tutoring!

OSS is pleased to announce a new Peer Tutoring program available to students at no cost across the School of Medicine and Health Sciences!

Our peer tutors provide academic advice and support student learning through a holistic approach to supplemental instruction. OSS tutors will support students through problem solving skill development, study techniques, and sharing content knowledge through one-on-one appointments.

If you would like to request a peer tutor, or learn more about becoming a peer tutor (paid position), please contact OSS by emailing SMHSstudents@gwu.edu and our Senior Academic Advisor, Nick Atlas!

UPDATE: New Talkspace Live Video Therapy & FAQ

In response to feedback from our student communities, SMHS has updated our account with Talkspace! Moving forward you can send text, video, and pictures messages to your therapist **and schedule four 30-minute live video appointments** per month. (Per Month is calculated from the first time you use your live video session) This additional service comes at no cost to SMHS students.

New Users: To register for Talkspace, 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 to get you started.

Current Users: If you have already signed up for Talkspace, you must email partners-support@talkspace.com to get transferred over to the new plan which includes the added functionality of 4 (30 minute) live video sessions per month.

Talkspace Frequently Asked Questions

1. How am I matched with a therapist?
 - a. Through a brief questionnaire, Talkspace's algorithm will give you three therapists to choose from who they think will be the best fit for your needs.
2. Am I able to change therapists?
 - a. Absolutely, but please give your current therapist some time to build a relationship with you. If you still feel the need to change, the process is simple! Just follow the steps laid out by Talkspace on the page found [here](#)
3. Will I be charged for anything related to this service?
 - a. You will not be charged for anything! If for some reason you get a message saying you will be charged please send us an email and we will look into it for you. Please do not pay for anything!

For additional details on how you may benefit from this service, please email/call OSS or visit the Talkspace [FAQ page](#).

Interest Groups: There are a lot of opportunities to become involved with *link

Inspirational Corner

“Don't be afraid to try something. It never hurts as bad as you think to fail. You seldom regret what you do. You regret what you didn't do. Don't try to be invulnerable. Don't worry too much about security. If you build a wall around yourself, you become a prisoner of that wall. Take a chance!” – Hugh Downs

Contact Us

Don't hesitate to contact us if you would like some tips on time management, study skills, or any other supplemental instruction! Check out our website, oss.smhs.gwu.edu, for more information.

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

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