

# Office of **STUDENT SUPPORT**



## OSS November Newsletter

### OSS Welcomes Two New Staff Members

The Office of Student Support is pleased to announce that we have added two new staff members to our Office. Terri Edwards, MEd, MA will serve as the OSS Learning Specialist and Carmen Session, MEd will head outreach to health sciences and be involved in other areas of OSS support. Dr. Patrick Corr has transitioned into a new teaching role as Visiting Assistant Professor in the Department of Clinical Research & Leadership within SMHS and now serves as the Faculty Liaison for OSS. Associate Dean Rhonda Goldberg, Associate Dean Lorenzo Norris and Senior Academic Advisor Nick Atlas remain in their current roles.

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### OSS Talk on Imposter Syndrome

On Tuesday, **November 9th at 6pm EST** OSS will conduct a presentation on Imposter Syndrome by Lorenzo Norris, MD. With the holidays approaching this can be a stressful time for many of us and the feeling of self-doubt may be heightened. We want to provide you the tools necessary to both recognize imposter syndrome and overcome it. The presentation will take place via Zoom and the link will be sent out separately on November 8th.

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### SMHS Wellness Committee

The SMHS Student Wellness Committee has found a new home within OSS. Originally made up of medical students, we have now fully integrated with the Health Sciences and have representation from The Departments of Physical Therapy and Physician Assistant. If you are interested in joining the Committee, please email [bewellgw@gmail.com](mailto:bewellgw@gmail.com). All students within SMHS are welcome!

**Event:** Halloween! We had a great Trick or Treat event and now have a Halloween photo contest running through Nov 9th. Look for our email and VOTE

**Event:** The Wellness Committee is sponsoring Therapy Dogs to come to the courtyard outside Ross Hall on Thursday, November 11th from 12-1pm EST. Please join us!

### **Favorite Wellness Apps This Fall from the Wellness Committee:**

Here are some of our favorite apps that promote happy, healthy living!

\***The Nudge** - get free bi-weekly texts with fully-planned experiences/activities in DC. Check them out at <https://www.nudgetext.com/dc>

\***Strava** - a free app where you can log your favorite fitness activities, join challenges, and build community with other users. Bonus: join the GW SMHS club here: <https://www.strava.com/clubs/gwsmhs> !

\***Insight Timer** - free meditation app with guided meditations of various lengths. Start your mediation journey: <https://insighttimer.com/>

\***Sanvello** - a wellness app with daily mood tracking, coping tools, and more. Try out their free version here: <https://www.sanvello.com/self-care/>

Have an app that you love? Email it to us at [bewellgw@gmail.com](mailto:bewellgw@gmail.com).

We would also love to hear how you are doing - please fill out this quick survey so that The Student Wellness Committee can best support you. <https://forms.gle/XN5BzYBYDe9Cr5zM9>

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### **Thank you military students!**

In recognition of Veterans Day, we want to send a thank you to our military affiliated students for their service to the country. The link below takes you to a special message from some of our SMHS leaders. [Veterans Day Video](#)

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### **Peer Tutor Spotlight**

The Office of Student Support oversees the peer tutoring program for many of the departments within SMHS. This program has been a great success since its inception and is constantly growing. It's important to recognize our peer tutors and the successes they have had.

**Myah Huss**, a student in the DPT program has been a peer tutor since we began the program and has done wonderful work. We asked her to share some insight on what she thinks makes a peer tutor great at their job.

"Before starting sessions with a student, I meet with them to get a good picture of what they need and how I can best fit into the picture. I try to incorporate the information I receive (learning style, current study strategies, etc) during this initial meeting into the following sessions to create the most effective and meaningful session. Another important aspect of my sessions is that I ask for feedback to give students the opportunity to tell me what's going well and what could be improved. For most classes, I create scenarios for the students to apply the knowledge rather than just recall it, which I think helps with retention. In some cases, I will ask the student to teach me a concept and ask them pertinent questions, which also seems to help with retention. Overall, being a tutor has been incredibly fulfilling and I feel very lucky to have gotten this opportunity!" -Myah Huss

If you would like to be a peer tutor to assist you in your studies, please email us at [smhsstudents@gwu.edu](mailto:smhsstudents@gwu.edu) so that we may pair you with a tutor. Students from all programs are welcome. And if your tutor is someone who has gone above and beyond, please let us know!

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### **OSS Gallery Wall**

Have you created elaborate study materials to facilitate your understanding and mastery of course materials? Much of your self-created study materials are **works of art!** This could include:

1. Concept maps incorporating color and concept bubbles arranged with precision
2. Detailed diagrams and other graphics representing elaborate thinking patterns
3. Sketches that may be cartoonish or abstract with key elements enlarged for details
4. Storyboards illustrating the process of taking patient medical histories, conducting a physical, following an illness script, or the steps of a procedure.

Submissions will be accepted on a rolling basis! Please email our team for more information at [SMHSstudents@gwu.edu](mailto:SMHSstudents@gwu.edu). All submissions must reflect original work, copied inserts cannot be included. Submit work to the OSS email as a PDF or .jpeg file attachment. We would love to feature your work of art on our gallery wall within our office!

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### Resource Spotlight: Writing Tutor

Not only does OSS provide peer tutoring, but we also have a Writing Tutor! Mr. Mark Gurarie is an adjunct instructor in the Department of Clinical Research & Leadership within SMHS. He is available to meet with any SMHS student to work on paper structure, flow, citations/references, creating an abstract, manuscript proofreading for journal submissions etc. Simply send our office an email ([smhsstudents@gwu.edu](mailto:smhsstudents@gwu.edu)) and ask to be connected to the writing tutor.

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### Talkspace

If you are having any difficulties in signing up for Talkspace or experiencing extended wait times to be matched with a provider please email us right away so we may help troubleshoot. Instructions on how to sign up for Talkspace can be found on our [website](#).

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### OSS Contact Information

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