

November/December 2022



“Go confidently in the direction of your dreams. Live the life you have imagined”

- Henry David Thoreau

The Office of Student Support welcomes our new staff member **Alex Velto!**



Originally from North Carolina, Alex joins the GW community in the SMHS Office of Student Support after spending 3+ years in Dublin, Ireland. While there, he received his master’s degree in Equality Studies, focusing on gender-based violence prevention and masculinity theory. Alex has worked in multiple higher education settings and enjoys supporting students of all backgrounds in their endeavors. In his free time, he enjoys playing and coaching ultimate frisbee, playing MMO video games, watching baseball & hockey, and cooking. Alex lives with his partner and two cats.

Alex is excited to start with OSS and can be found in, Ross 112B, beginning January 4<sup>th</sup>. There will be a special meet and greet with Alex and the rest of the OSS staff on Monday, January 23rd.

## Academic Support

**Peer Tutoring:** If you would like to work with a peer tutor, email [OSS](#) to learn more about peer led academic support.

**Learning Specialist:** Developing and improving study strategies is an ongoing task for all learners. If you would like to discuss various effective and efficient learning strategies, contact the Learning Specialist, [Terri Edwards](#) or schedule a virtual fall appointment through [Calendly](#).

**Small Study Groups** - Consider adding small group studying into your academic schedule. OSS assigns students to a study group of 2-5 students, the sessions are facilitated by a student who commits to that role. Groups may choose to meet in person or virtually. Contact [OSS](#) for more information to be a facilitator or participant.

**Writing Coach** - Coaching sessions help students build their writing confidence and develop vital writing skills for writing assignments, personal statements, and professional writing. To receive a referral to the writing coach, please email [OSS](#) directly.

**Academic CV/Resume/Cover Letter Support** - OSS supports students in developing an academic CV, a professional resume, and/or professional cover letters. Email [OSS](#) for a referral to Dr. Patrick Corr.

**Workshops-** Slides from the Step 1 study strategies workshop for 2nd year MD students were recently distributed. If you have follow up questions, please contact [Terri Edwards](#).

Spring workshops co-hosted by the Resiliency and Well-Being Center and OSS are scheduled for February 2, March 16th and April 6th. The March 16th workshop will be held at the Textile Museum on the Foggy Bottom campus.

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## Mental Health Resources

**Talkspace:** As educators of our future healthcare professionals, we know how important mental health is and are pleased to offer all SMHS students a **free** subscription to Talkspace. Talkspace offers unlimited text messaging and four 30-minute video sessions a month, with a licensed therapist, and is a convenient, clinically effective, and confidential service. Via a special algorithm, you will be matched with a therapist that suits you and your needs. To register, go to [www.talkspace.com/gwu](http://www.talkspace.com/gwu) and input your GW email address. [Medical Residents should **NOT** use their MFA email address] After you are registered and matched with your therapist, you can schedule an *optional* 10-minute live video introduction session. Students who experience difficulty registering should contact [partners-support@talkspace.com](mailto:partners-support@talkspace.com) and cc Ms. Carmen Session [csession@gwu.edu](mailto:csession@gwu.edu).

**Student Health Center:** The Student Health Center (formally CHC) is open and operating to assist students seeking medical, psychiatric, counseling, and psychological

services. Physicians and counselors provide in-person treatment in the office Monday – Friday, 8:30 am – 5:00 pm (ET), and Saturday’s from 12:00 pm- 4:00 pm by pre-scheduled appointment only. Telehealth appointments are offered during regular business hours. Call 202-994-5300 to schedule an appointment.

**Resiliency and Well-Being Center:** OSS frequently collaborates with the GW RW&C on matters related to individual and group well-being. The R&W Center takes an evidence-based, whole-person [approach](#) in the health and wellness (well-being) services it provides to the GW medical enterprise—SMHS, GW MFA, and the GW Hospital. The R&W Center provides individual, departmental, and institutional-level [services](#) as well as workshops.

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### Student & Community Life

**Student Wellness Committee:** Student-led organization with membership available to all students across SMHS. events. Here are some photos from the October Pet Therapy and Pumpkin Painting events.



### The Grateful Tree

In the month of December, the Student Wellness Committee will be sponsoring The Grateful Tree. SMHS students will be able to write what they are grateful for on ornaments and place them on the tree, which will be located in the Student Lounge located in Ross Hall.

For information on how to join the committee, please send them an [email](#) or follow them @bewellgw.

**U•Pass:** GW's U•Pass program returns for another academic year. For \$100/semester, eligible students have access to unlimited use of Metrorail and Metrobus. The fall 2022 U•Pass program runs Saturday, Aug. 20 through Friday, Dec. 23, 2022.

<https://business-services.gwu.edu/upass>

**Staying Fit:** The Lerner Health and Wellness Center reopened on October 31<sup>st</sup>.  
[Engage in Your Physical Well-Being | Campus Recreation | The George Washington University \(gwu.edu\)](#)

## Halloween Fun

Congratulations to the following SMHS students who won a Starbucks gift card during our Halloween Raffle

Ansh Chaudhari- MD Dean's Office Drawing



Zachary Engle-Online Drawing



Kiara Johnson-Occupational Therapy Office Drawing



Puja Sasankan- Office of Student Support Drawing



Claire Wong -Physical Therapy Office Drawing





SMHS students participated in a Trick or Treat around campus event, visiting the Office of Student Support (Ross 112B), The MD Dean's Office,(Ross 708), the Physical Therapy Office (2000 Penn), and the Occupational Therapy Office (The Watergate Complex). Students stopped and posed for pictures, while also enjoying some candy and fun give-a-ways.





## Announcements

**Say Cheese - Professional Headshots for the SMHS Community!**



Please click the [link](#) for more information about how you can schedule your professional headshot

## Holiday Happy: Managing the Holiday Blues

The holidays are meant to be a celebratory time with family, food, and fun, but some may not experience happiness during this time of the year.

Click [here](#) to learn how to cope with feelings of sadness during the holidays.

## Let's Eat

OSS staff members share easy recipes in preparation for the holidays



## Mini Quiche Florentine- Dean Goldberg

4 eggs  
1 1/2 cups heavy cream  
1 cup frozen chopped spinach, thawed and drained  
1/2 cup grated Parmesan  
1 1/2 cups grated Swiss cheese  
2/3 cup bacon, cooked and finely chopped  
3/4 teaspoon salt  
1 tablespoon fresh thyme leaves, finely chopped  
2 pie crusts, store-bought or homemade (recipe below)

1. Preheat oven to 350 degrees F.
2. Place eggs and cream in a large mixing bowl and whisk until well combined.
3. Add spinach, cheeses, bacon, salt and thyme; mix well.
4. Roll out pie crust to about 1/4-inch thickness on a flat surface lightly dusted with flour.
5. With a circular cookie cutter (3" works best), cut out circles from the pie crust dough. **To keep your cookie cutter from sticking to the pie crust dough, dip it occasionally in flour.**



6. Cut a wedge from each circle to make it easier to insert in mini muffin pan.
7. Press each pie crust circle into the mini muffin pan and overlap the edges of the wedge you cut out. Press to seal.
8. Use a fork to flute the edges at the top.
9. Fill each mini pie with the quiche filling to just below the top of the pie crust.
10. Bake for 20-25 minutes.
11. Remove from oven and allow to cool slightly.
12. Garnish with a shaving of Parmesan and fresh thyme leaves.

### **“Cranberry Cake Thing” - Dr. Patrick Corr**

1. Pour 2 cups of whole cranberries, 1/2 cup of chopped walnuts, and 1/2 cup sugar into a large greased pie plate.
2. In a large bowl, combine: 2 eggs, 1 cup sugar, 1 cup flour, 3/4 cup oil, 1 tsp almond flavoring. Mix until combined.
3. Pour mixture over cranberries and nuts
4. Bake at 325 for 60 minutes

### **Buffalo Chicken Dip - Carmen Session**

- Season two to three fresh chicken breasts with salt, pepper, onion powder, and garlic powder.
- Pour cooking oil into a skillet and add chicken. Cover and cook on low heat until chicken is completely cooked through.
- Remove chicken from the skillet and drain any remaining oil.
- Shred chicken with a fork and place back in the skillet. Add half a package of cream cheese, a cup of shredded cheddar cheese, and a half cup of blue cheese dressing. Add as much or as little hot sauce of your choosing, and blend together using a spatula.
- Transfer the mixture to a baking dish, sprinkle additional shredded cheddar cheese, and bake at 350 degrees until bubbly. Serve with sliced French bread, tortilla chips, or raw vegetables.

### **7 Layer Salad- Terri Edwards**

1. **Cook a package of bacon.** Chop into crumbles.
2. **Prepare vegetables.** Chop or shred lettuce, mince onion (red or white), chop celery, and declump a bag of frozen peas.
3. **Assemble the layers.** Layer the chopped lettuce into the bottom of a 9x13 baking dish, followed by onion, celery, and frozen peas. Spread a mayo dressing\* on top. Be sure the entire top layer is covered. (Mayo dressing can be a mayo of choice or a mayo dressing using mayo & sour cream or mayo & plain yogurt). Layer shredded cheddar cheese and crumbled bacon. The amount of each layer can be dependent on your fondness for that food item.

4. **Chill.** Cover the salad bowl with plastic wrap and refrigerate it for at least 4 hours; overnight is recommended.
5. **Serve and enjoy!** Do not toss the salad in the bowl. It's meant to be served as-is. Use a long spoon or a pair of tongs to get all the layers.

### **Cinnamon-Sugar Glazed Carrots- Alex Velto**

5 carrots, peeled and sliced ¼ inch thick  
2 teaspoons sugar  
½ teaspoon ground cinnamon  
4 tablespoons (1/2 stick) unsalted butter  
2 tablespoons fresh orange juice  
Salt and freshly ground black pepper, to taste  
10 dried pitted apricots, slivered  
1/3 cup sliced almonds, toasted

1. Place the carrots in a saucepan, cover with cold water, and bring to a boil. Reduce the heat and simmer for 10 minutes. Then rise under cold water and drain.
  2. Stir the sugar and cinnamon together until well mixed. Set aside.
  3. Melt the butter in a skillet. Stir in the cooked carrots and the orange juice. Sprinkle with the sugar-cinnamon mixture, and cook over medium heat until the carrots are glazed and the sauce is slightly thickened, 5 minutes. Season with a pinch of salt and pepper.
  4. Stir in the apricots and almonds, and cook just until heated through for 3 minutes. Serve immediately.
- 4-6 portions

**Have a Safe and Happy Holiday Season**