



## January & February 2023 Newsletter

Office of Student Support Website

### Welcome Back!

"Write it on your heart that every day is the best day in the year"

- Ralph Waldo Emerson

Welcome back to the Spring semester! We look forward to supporting you this year, and wish you well in the New Year.

Check out our upcoming event, as well as our academic, mental health, and student life spotlights and information below:

In this newsletter, you can find the following:

- Upcoming Event: In-Person and Virtual Open House
- Academic Support Information
- Academic Support Spotlight - CV Review
- Mental Health Resources
- Mental Health Spotlight - Workshop
- Student Life Resources
- Student Life Spotlight - Black History Month

### Upcoming Event: In-Person and Virtual Open House

Please join us on **Monday, January 23rd, from 10 am- 1:30 pm in Ross Hall, Room 112B** (next to the student lounge) for an in-person open house. Our newest staff member, Alex Vello, along with the rest of the OSS team will be on hand to welcome students, and pass out snacks and giveaways.

**Virtual Open House:** Students who cannot join us in-person are invited to attend a virtual Open House on **Monday, January 23rd, from 4pm-6:30pm (EST)** Click [here](#) to join via Zoom.

### Academic Support

#### Academic Learning Support - Make sure your studying includes Active Learning

Below is a checklist of effective learning activities to implement when studying, use this list to assess your current learning practices.

- o **Spaced learning** - some forgetting has occurred, forcing you to work for recall
- o **Interleaving** (opposite of massed practice) increases mastery and long-term retention
- o **Consolidation** - memory traces are strengthened and moves knowledge into long-term memory
- o **Generative learning** - provide an answer or explanation to something new to you, then confirm it for accuracy
- o **Reflection** - How and when are these active learning activities being implemented?

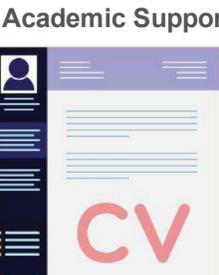
If you want to discuss the above active learning strategies, contact the Learning Specialist, Terri Edwards, or schedule a virtual spring appointment through [Calendly](#). A more detailed checklist will be posted to the website shortly, so check back for more information!

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

**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 Support Spotlight - CV Review



#### 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.

**Looking to improve your CV?** Here are some top tips and takeaways! Focus on four key areas: Message, Categories, Description, and Formatting.

**Message** - Ensure Detail and Comprehension: CVs tend to be longer and more detailed than a resume (think 2-5 pages). Consider your intended audience when writing, and be intentional about illustrating your relevant experiences and their relationship to your career goals.

**Categories** - Use Section Headings: Section headings are a great way to organize information. Start by listing your contact information and education. Then, order your CV by what makes you unique and what you want to emphasize. Potential section headings include Work Experience, Research Experience, Publications, Presentations and Invited Talks, Volunteer Experience, and more. Remember to list your experiences in reverse chronological order (i.e., your most recent experience should appear at the top of each section). You do not need to include sections for experiences you do not have – focus on what you do have!

**Description** – Give a Full Picture: Find a balance between highlighting your experiences while still being concise. This can be achieved by using bulleted descriptions, action verbs, giving context to your experiences, including any unique or measurable skills gained, and demonstrating your output, whether that is in a professional or academic setting

**Formatting** – Make it Easy: Along with section headings, ensure clean and consistent formatting throughout your CV. Have your name and the page number on each page, align all dates to the same side of your CV, and use consistent font and size. This ensures your reader can focus on the content of your CV rather than the way it is presented. Common formatting mistakes include inconsistent margins, font, and font size, neglecting style guidelines for publications (e.g., AMA style, APA style), and listing items out of reverse chronological order.

### 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. You will be matched with a therapist that suits you and your needs via a special algorithm. 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 [cssession@gwu.edu](mailto:csession@gwu.edu).

Please note that after a year of using the platform, you will need to revalidate your account. Go to the 'Check my coverage' feature found in your Talkspace app settings - and follow the prompts provided. If you prefer to remain connected to your current therapist, you will have to reach out to [partners-support@talkspace.com](mailto:partners-support@talkspace.com) to validate instead.

**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 Saturdays 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](#).

Spring workshops co-hosted by the Resiliency and Well-Being Center and OSS are as follows:

- o **February 2 at 5:30pm - Relationships, Support, and Belonging: Who has your back?** (see spotlight below)
- o **March 16th at 12pm - A Mind-Body practice session using yoga mats for floor work at the Textile Museum.** The session will be held in the presence of art and transcendent spaces created by the featured March artist.

Additional workshop information during the months of January and February can be found [here](#)

#### Mental Health Workshop Spotlight



#### Relationships, Support, and Belonging: Who has your back?

This workshop will look at different aspects of a healthy relationship, identifying red flags, setting boundaries in relationships, and recognizing the relationships that are unique to those working in healthcare occupations.

**When:** Tuesday, February 2nd, 2023

**Time:** 5:30 pm (EST)

**Location:** [On-line](#)

### Student & Community Life

**Student Wellness Committee:** Student-led organization with membership available to all students. For information on how to join the Student Wellness Committee, please send them an [email](#) or follow them on Instagram at [@bewellgw](#).

#### Community Events: Seeking Volunteer Readers for the School Without Walls Senior Reading Program

School Without Walls High School is seeking volunteers to help with grading their Senior Thesis Projects. These are senior research papers designed to develop and showcase students' research, writing, and argumentation skills.

We are in need of volunteers to read, grade, and provide feedback on 15-page student papers. Please use this link - [Review Senior Papers](#) - to sign-up and share with your networks and anyone who would be interested. Each volunteer who signs up will receive an email from [gwserve@gwu.edu](mailto:gwserve@gwu.edu) that includes feedback guidelines, assigned papers, and a rubric. All volunteers must hold a bachelor's degree.

#### Volunteer with PALS this Summer:

**PALS Programs** is a national nonprofit hosting week-long overnight summer camp programs on college and university campuses across the country. Our programs pair Partners with Down syndrome 1-1 with Peer volunteers, who share a dorm room together throughout the week and participate in a variety of on- and off-campus activities. PALS has 19 locations nationally including Washington, DC, Baltimore, MD, Philadelphia, PA and Richmond, VA, and we are recruiting Peer volunteers ages 18+ to join us! You can view our full list of dates and locations [HERE](#). There is no cost for Peers to attend camp and travel reimbursement is offered to those who need to travel to our camp location. [Click here to apply](#). Up to 100 hours of volunteer service can be earned through serving with PALS! Also, [Check out this video](#) to see some of the PALS magic in action -- We hope to see you at camp!

#### Heart Healthy for Valentine's Day

Top 10 things to keep your [heart](#) healthy -

1. Balance calories with physical activity.
2. Reach for a variety of fruits and vegetables.
3. Choose whole grains.
4. Include healthy protein sources, mostly plants, and seafood.
5. Use liquid non-tropical plant oils.
6. Choose minimally processed foods.
7. Subtract added sugars
8. Cut down on salt.
9. Limit alcohol.
10. Do all this wherever you eat!

#### Student & Community Life Spotlight



#### Black History Month

Officially recognized in 1976 by former president Gerald Ford, this month-long event celebrates the accomplishments and influence of Black Americans in this country and around the world.

Please visit [mssc.gwu.edu](http://mssc.gwu.edu) for GW-sponsored events throughout the month of February.

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#)

2300 I St NW | Washington DC, DC 20052 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.