



March 2023 Newsletter



Office of Student Support Website

Spring Has Sprung!

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop" - Mother Teresa

Happy March! As the days grow longer and the weather gets warmer, we hope you are taking time for yourself to recharge in the midst of your academics.

In this edition of the newsletter, you can find the following:

- Upcoming Event - Mind Body Practice
- Academic Support Information
- Academic Support Spotlight - Test Taking Strategies
- Mental Health Resources
- Mental Health Spotlight - Women's Mental Health Facts & Resources
- Student Life Resources
- Student Life Spotlight - Women's History Month Expressions

Upcoming Event:

Mind-Body Practice



In partnership with the Resiliency and Well-being Center, OSS is offering Mind-Body Practice at the **Textile Museum on March 16th, from 12-1pm**. Students will have a unique opportunity to connect with their inner self and surrounding artwork of contemporary textile artist Anne Lindberg that created transcendent spaces for community gathering. Students will also have a guided tour of the new exhibit of transcendent spaces and prayer carpets. Floor mats will be provided.

This event requires advance registration due to Textile Museum space constraints. To register, please complete [this short form](#). Once you have registered, OSS will confirm your place.

Academic Support

CV Support: We have a dedicated faculty advisor with whom you can schedule appointments to review and revise your CV. To schedule an appointment, email [OSS](#) to request an appointment with your CV attached.

Learning Support: Our dedicated learning specialist, Terri Edwards, is available to meet with students to discuss active learning strategies, study strategies and scheduling, test taking strategies, and more. To book an appointment with her, please use her [Calendly](#) link.

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

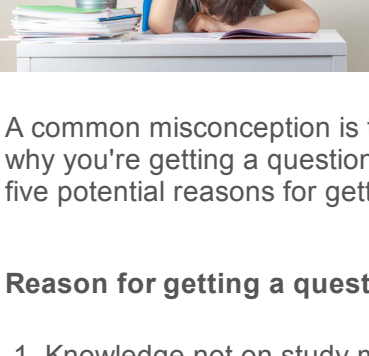
Small Study Groups: Consider adding small group studying into your academic schedule. OSS assigns students to a study group of 2-5 students, the sessions are facilitated by a student who commits to that role. Groups may choose to meet in person or virtually. Contact [OSS](#) for more information to be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

***New* Step 2 Study Strategies Workshop:** For the MD 2024 cohort, we will be offering a workshop on Tuesday, March 28th from 6-7pm. The focus will be effective use of your dedicated study time.

If you are not in the MD 2024 cohort but would like a workshop tailored to the needs of your program, please contact us directly with your ideas.

Academic Support Spotlight - Test Taking Strategies



A common misconception is that the reason for getting a question wrong is a lack of knowledge. It is important to diagnose why you're getting a question wrong. Diagnosing reasons and implementing interventions may improve your scores. Here are five potential reasons for getting a question wrong, and an intervention/fix for each:

Reason for getting a question wrong

1. **Knowledge not on study materials:** study materials didn't have the information required to answer a practice or exam question correctly.
2. **Knowledge in study materials but unable to recall knowledge:** study materials had the information but couldn't recall it from study materials.
3. **Premature closure:** while reading a question, become fixated on a piece of information that triggers a memory; this early focus causes a downplay or the ignoring of the additional information or even information inconsistent with that premature decision.
4. **Not trusting own knowledge:** become concerned about not remembering something related to an answer choice or distrust reasoning skills used to select the correct answer.
5. **Changing answer from correct to incorrect:** while reading a question, remember details. However, later recall a similar detail about another answer, choice, can't remember anything else about that second answer choice but changes the answer.

Intervention

1. Add the information to any associated material into study materials.
2. More reviews of study materials are needed and/or modify methods for recall/retrieval practice.
3. Take a diagnostic timeout after reading the question to review the totality of the keywords to avoid becoming fixated on certain isolated words in the question.
4. Make a rule that an answer choice cannot be selected out of concern of not possibly remembering something about that answer choice. Re-read highlighted material in question to serve as fact-checkers for the selected answer.
5. Make a rule that answers are not changed unless there is a definitive, unequivocal reason for changing the answer.

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 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 and cc Ms. Carmen Session 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 to validate instead.

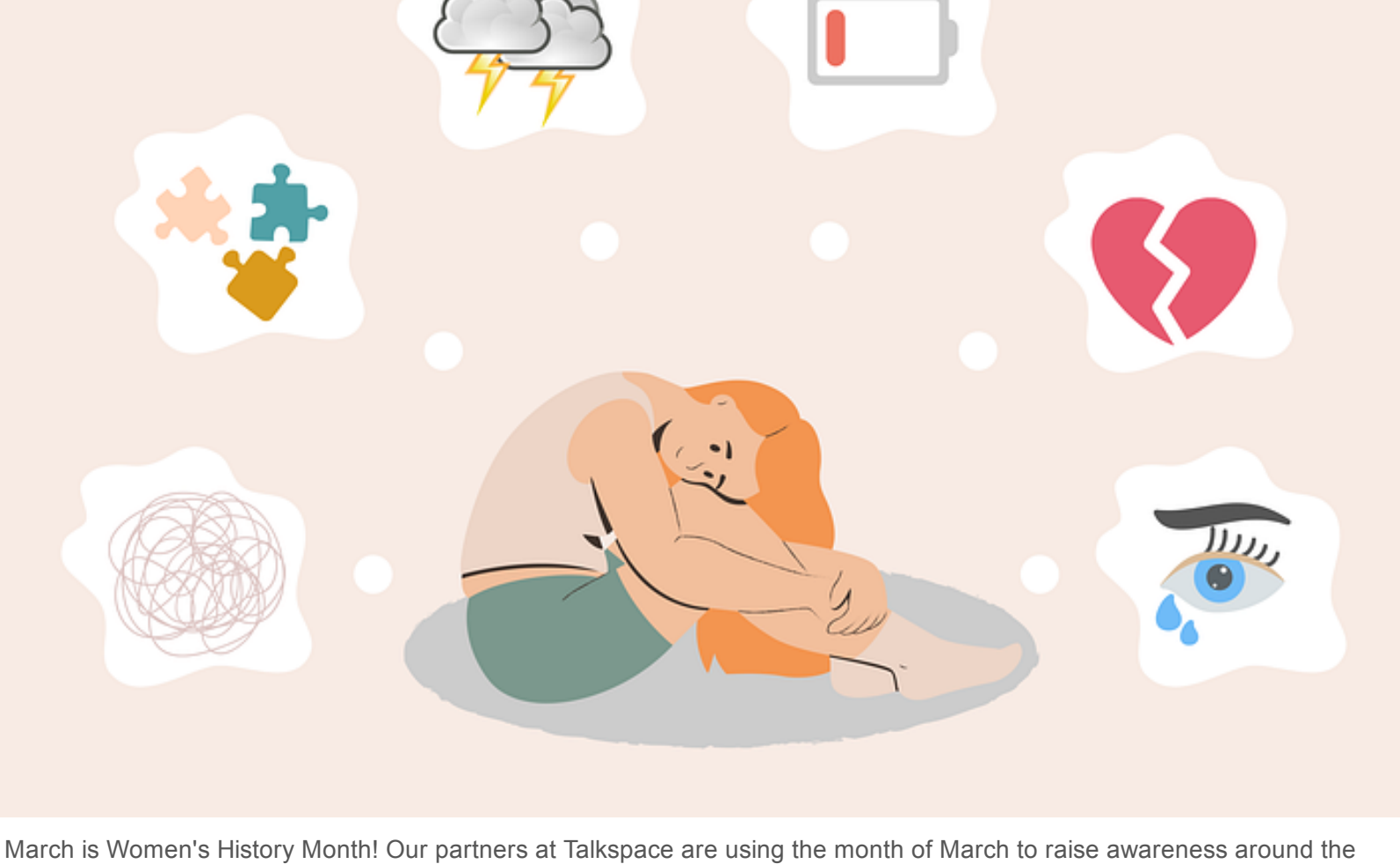
Student Health Center: The Student Health Center (formally CHC) is open and operating to assist students seeking medical, psychiatric, counseling, and psychological services. Physicians and counselors provide in-person treatment in the office Monday – Friday, 8:30 am – 5:00 pm (ET), and Saturdays from 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](#).

Additional Resiliency and Well-Being Center workshop information in March can be found [here](#).

Mental Health Spotlight - Health Facts & Resources

Women's Mental



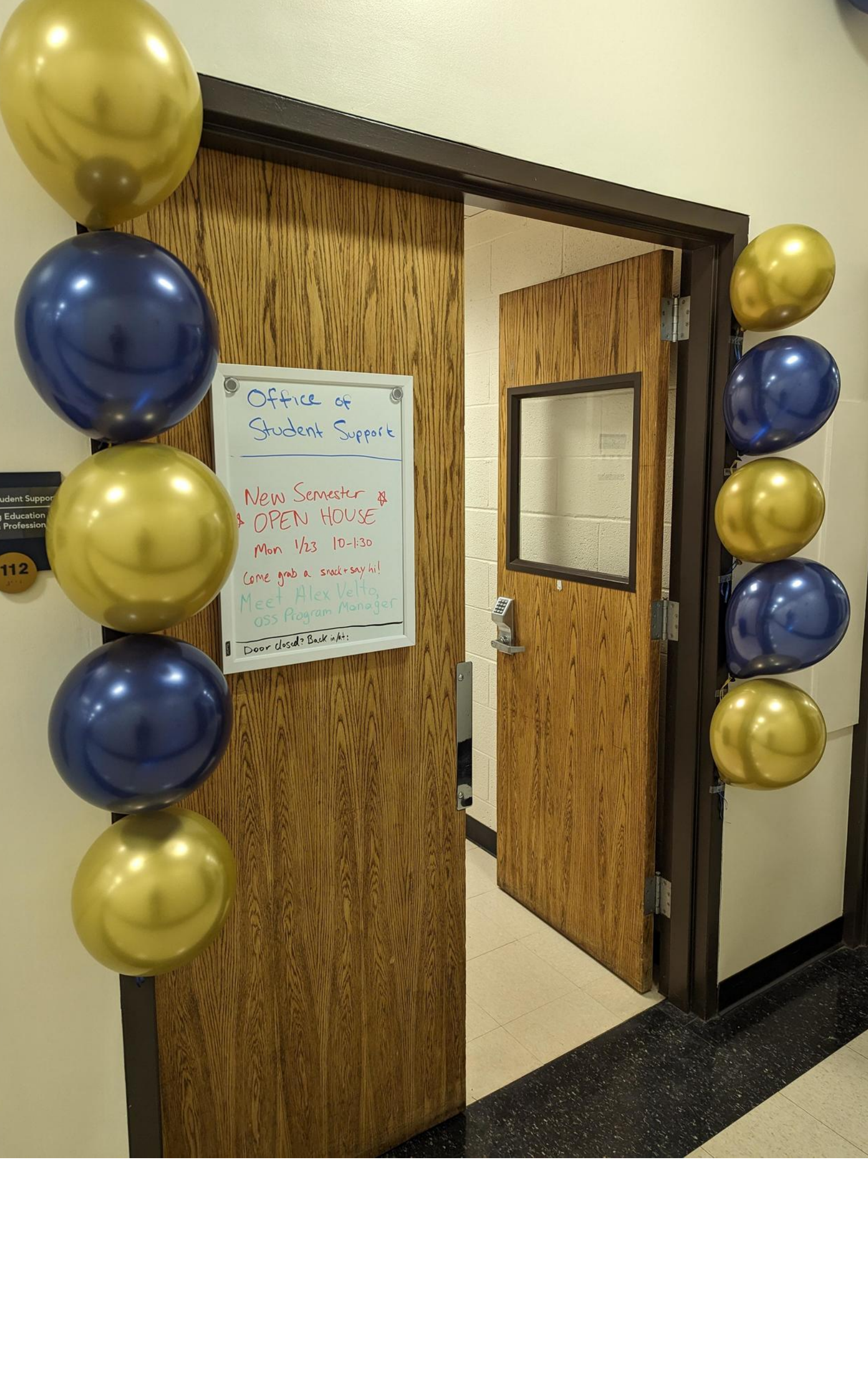
March is Women's History Month! Our partners at Talkspace are using the month of March to raise awareness around the mental health conditions that impact women, so we want to highlight it for our spotlight this month. [Click here](#) for facts and resources.

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](#).

Veterans Day of Service: The 2023 Veterans Day of Service will take place on Saturday, March 25th from 10am-4pm. VDoS brings together military-affiliated and civilian populations to serve those who have served and connect GW students and staff with the larger community. Registration is open between now and March 19th, and you can register [here](#).

Open House: We welcomed over 100 students through our doors and online for our Open House events in January! Our door is always open, so make sure you stop back in and see us, even if it's just for some candy. Remember, we have your back!





Student & Community Life Spotlight - Expressions

Women's History Month



Women's History Month

President Jimmy Carter declared the Week of March 8, 1980 as National Women's History Week, but women didn't earn a month-long celebration until the National Women's History Project successfully petitioned Congress in 1987.



Share Your Thanks

We invite SMHS students to stop by our office in Ross 112-B and write a brief message honoring a woman or women who inspire them. Messages will be posted on the office wall throughout March. Messages can be signed or remain anonymous!

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