

THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



September/October 2022 Newsletter

The Office of Student Support (OSS) would like to welcome back all of our returning students and new students with our first newsletter of the Fall 2022 semester.

Our goal is to provide all students with the highest quality support across SMHS and the larger GW community through our three pillars: Academic Support, Mental Health Resources, and Student & Community Life.

In this edition of the newsletter, you will find links to academic and mental health support resources, a schedule of events for the fall semester, and a special spotlight on Hispanic Heritage Month.

Academic Support

Peer Tutoring: Peer tutors provide academic advice and support student learning through a holistic one-on-one approach. Students interested in serving as a peer tutor or receiving peer tutoring services should email [OSS](#).

Learning Specialist: If you are interested in discussing effective and efficient study and test-taking strategies, the Learning Specialist is the person to contact. Additional support includes developing time management skills, preparing for high stake exams, and developing routine self-assessments to gauge knowledge strengths and weaknesses. Please contact [Terri Edwards](#) or schedule a virtual fall appointment through [Calendly](#).

Small Study Groups -The Small Study Group Program aims to help students enhance their academic performance through collaborative group study sessions. OSS assigns students to a study group of 2-5 students, facilitated by another student who commits to preparing for and facilitating the sessions. All discussions within Small Study Group sessions are confidential. Groups may choose to meet in person or virtually. Contact [OSS](#) for more information.

Writing Coach - Coaching sessions help students build their writing confidence and develop vital writing skills. The Writing Coach's goal is to assist students in developing better-written communication skills. The Writing Coach does not copy-edit, fix grammar errors, proofread, or otherwise "correct" papers. The coach sessions will help you identify problems holding you back from meeting your writing goals 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,

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 with a licensed therapist, 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 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.

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

Student & Community Life

Student Wellness Committee: Student-led organization with membership available to all students across SMHS. Fall activities sponsored by the Student Wellness Committee include:

- Pumpkin Painting - Date TBD
- Therapy Dogs- October 26th
- Snack and coffee distribution - Date TBD

For information on how to join the committee or for information about the listed activities, please [email](#) the Committee.

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>

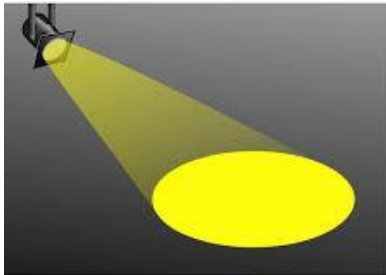
Staying Fit: Please find several opportunities to help you stay active while the Lerner Health & Wellness Center is temporarily closed. [Engage in Your Physical Well-Being | Campus Recreation | The George Washington University \(gwu.edu\)](#)

Upcoming Events

Monday, October 31st: Co-sponsored with the Student Wellness Committee, The Office of Student Support will have **Halloween Trick or Treat** candy and other giveaways in designated areas on campus. There will also be a raffle for Starbucks gift cards for those who participate. Costumes are encouraged but not required to participate in the event or enter the raffle. Details about the event, including time and locations, will be forthcoming.

Students not on campus can send an email with their name, program, and graduation year to SMHSstudents@gwu.edu to participate in the raffle. Costumes are optional.

Thursday, November 3 - Wellness Workshop #2 - Mindful or Mindfull? Coping skills, mindfulness, grounding, sleep hygiene. Details will be sent out via email and posted on our website.



National Hispanic Heritage Month

Every year, from September 15 to October 15, Americans celebrate National Hispanic Heritage Month by appreciating the community's history, heritage, and contributions of the ancestors of American citizens who came from Mexico, Spain, the Caribbean, and South and Central America. Use this [link](#) for more details on National Hispanic Heritage Month.

Hispanic Heritage Month started with one week of commemoration when it was first introduced by Congressman George E. Brown in June 1968. With the civil rights movement, the need to recognize the contributions of the Latin community gained traction in the 1960s. – National Today [National Day Today](#) | [National Today](#)

Inspirational Quote

“At the end of the day, we can endure much more than we think we can.” – Frida Kahlo

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