



April 2023 Newsletter



[Office of Student Support Website](#)

"We are stronger when we listen and smarter when we share." – Queen Rania Al Abdullah

Happy April!

As we continue to enjoy more daylight and warmer weather, consider incorporating eating, meditating, and even studying outside, as part of your spring routine.

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

- Congratulations on Match!
- Academic Support Information
- Academic Support Spotlight - The Importance of Sleep
- Mental Health Resources
- Mental Health Spotlight - Stress Awareness Month
- Student Life Resources
- Student Life Spotlight - Arab American Awareness Month

Congratulations on Match!

The Office of Student Support would like to congratulate the MD Class of 2023 on Match! We want to acknowledge the hard work, dedication, and commitment you have shown during your time at GW. While this is just one step in your journey, we encourage you to take time and appreciate all you have accomplished so far. We wish you all the best in everything to come!

To see more information on Match Day 2023 and find out where the students are heading, check out the [SMHS Match Day website](#).

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.

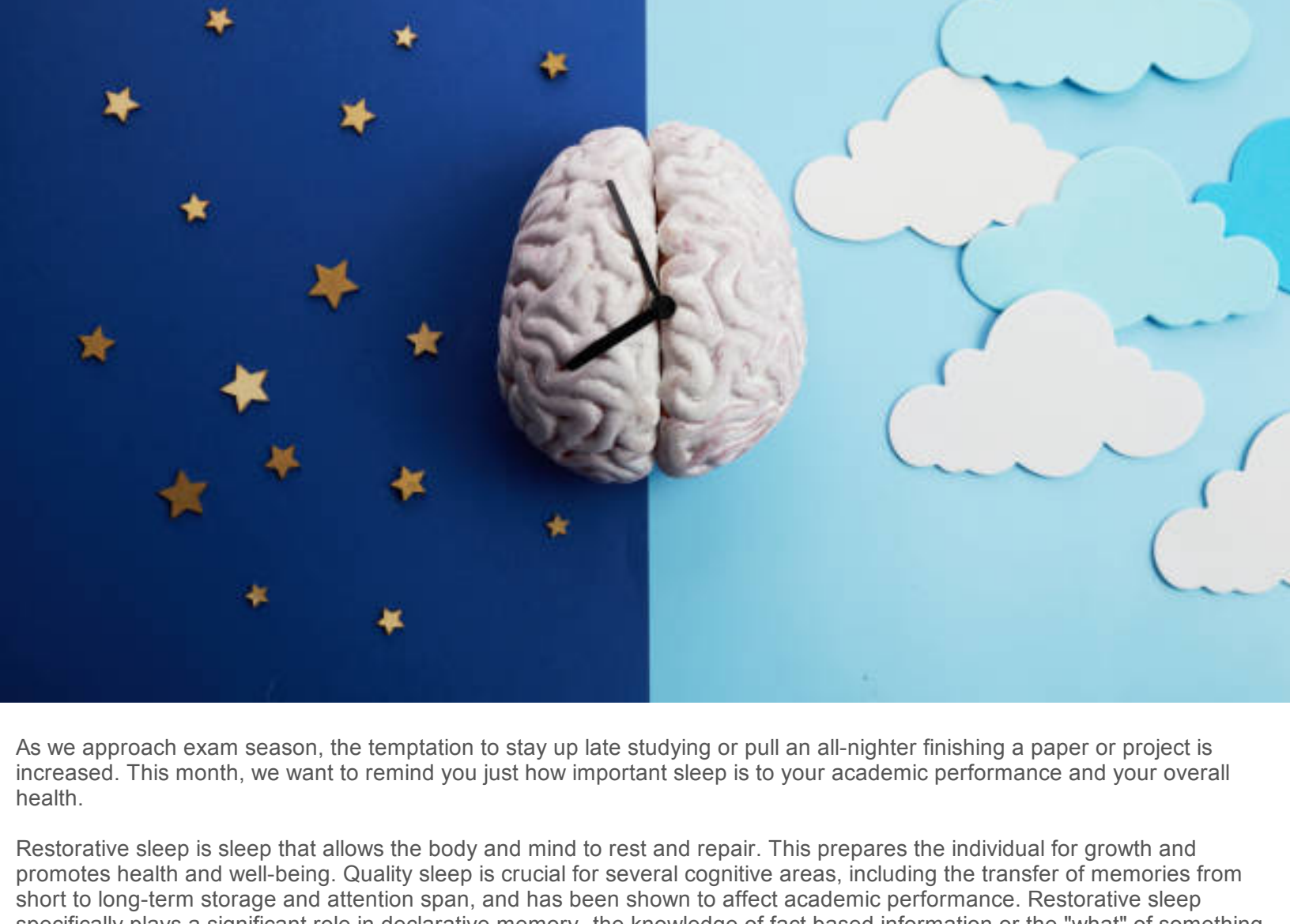
Learning Support: Our dedicated learning specialist, Terri Edwards, is available to meet with students to discuss active learning strategies, study strategies and scheduling, test taking strategies, and more. To book an appointment with her, please use her [Calendly](#) link.

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.

Academic Support Spotlight - The Importance of Sleep



As we approach exam season, the temptation to stay up late studying or pull an all-nighter finishing a paper or project is increased. This month, we want to remind you just how important sleep is to your academic performance and your overall health.

Restorative sleep is sleep that allows the body and mind to rest and repair. This prepares the individual for growth and promotes health and well-being. Quality sleep is crucial for several cognitive areas, including the transfer of memories from short to long-term storage and attention span, and has been shown to affect academic performance. Restorative sleep specifically plays a significant role in declarative memory- the knowledge of fact based information or the "what" of something- by processing and consolidating newly acquired memory. Rapid-eye movement (REM) sleep, the stage in which dreaming most often occurs, plays a key role in procedural memory- the "how" of something. Both types of memory are critical for academic performance.

Insignificant or poor-quality sleep has wide ranging effects on the physiology of the human body including disruption of hormonal regulation and poor mental and physical performance. Interestingly, many do not recognize the cognitive impairment from sleep deprivation in themselves; therefore, an advisor or other member of their support system may be required for such recognition. Getting seven to nine hours of restorative sleep each night promotes resiliency and well-being.

To improve restorative sleep, here are six items that can be incorporated into your day to create a healthy sleep routine:

1. **Get some daylight!** Going outside, ideally early in the day, will help reset your body's circadian rhythm each day. Using lights that mimic bright daylight or opening curtains can also be effective.
2. **Avoid bright light at night:** The counter to this is to avoid bright light in the evenings, particularly unnatural sources of blue light that commonly come from phones and computers. Many phones and computers have settings to reduce blue light glare that can be activated in the evening.
3. **Avoid stimulating activities before bed:** Phone and laptop usage should stop an hour before bed, and heavy exercise is not recommended within ninety minutes of bed.
4. **Set a regular sleep schedule:** Regular wake and sleep times support the circadian rhythm and promote restorative sleep. This includes allowing yourself time to fall asleep.
5. **Have a winddown routine:** Mindful or meditative movement has been shown to improve sleep quality, and a winddown routine that begins an hour before bed allows you to put away work well in advance of falling asleep. Suggestions for this routine include taking a bath, reading, and meditation.
6. **Limit caffeine to the morning:** The half life of caffeine is about six hours on average, so consuming caffeine in the afternoon can have adverse effects on your sleep quality.

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.

Feature 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](#) (formerly 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. Telehealth appointments are offered during regular business hours. Call 202-994-5300 to schedule an appointment.

Hours:
Monday – Friday: 8:30 am – 5:00 pm (ET); extended hours until 7pm on Tuesdays and Wednesdays
Saturday: 12:00 pm-4:00 pm
Sunday: 12:00 pm-4:00 pm on the Mount Vernon Campus

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 April can be found [here](#).

Mental Health Spotlight - Stress Awareness Month



April is Stress Awareness Month! Click [here](#) for resources on identifying and managing different types of stress from our partners at Talkspace.

You can access [the Talkspace calendar](#) for reminders, prompts, exercises, and blog posts for managing your mental health during the month of April.

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](#).

Nutrition and Wellbeing Workshop: If you are seeking to improve your health, Nutrition is a great start! Learn real-world nutrition, mindful eating, and how to "eat the rainbow" with Dr. Leigh Frame, Executive Director of the [Office of Integrative Medicine and Health](#) and Co-Founder and Associate Director of the GW Resiliency & Well-being Center. Join Dr. Frame for an interactive discussion on whole-person nutrition and learn proven methods to improve your health and well-being! Dr. Frame earned her PhD in Human Nutrition from the Johns Hopkins Bloomberg School of Public Health and also received a Master of Health Science in Immunology from the same school. This virtual discussion will take place on **Tuesday, May 2nd, from 12-1pm**. [Click here to add this workshop to your calendar](#).

Himmelfarb Library Art Show: Himmelfarb Library is hosting an art show! Submissions to the show must be entered by **April 13th**. The show itself run from **April 17th - May 11th**. [Full details can be found on their website](#).

Student & Community Life Spotlight - History Month

Arab American

ARAB AMERICAN HERITAGE MONTH

Arab American Heritage Month

National Arab American Heritage Month (NAAHM) has been observed during the month of April since 2017, and was first recognized federally by Joe Biden in 2021. Virginia, Illinois, and Indiana have passed permanent legislation designating the month of April as NAAHM while Maryland, Indiana, New Jersey, New York, Michigan, Ohio, and Rhode Island have legislation pending. Washington DC Mayor Muriel Bowser has also declared April NAAHM in the District of Columbia.

[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.