Office of Student Support Website



finals to come, OSS wishes you all the best. If you have completed your finals, we hope you enjoy your break!

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

Academic Support Information Academic Support Spotlight - Exam Preparation Skills and Strategies

Student Life Resources

please use her Calendly link.

- improve the health and well-being of others with great care, expertise, and compassion.

OSS Annual Survey 2022-23 As part of our ongoing efforts to respond to student needs and concerns, the Office of Student Support is

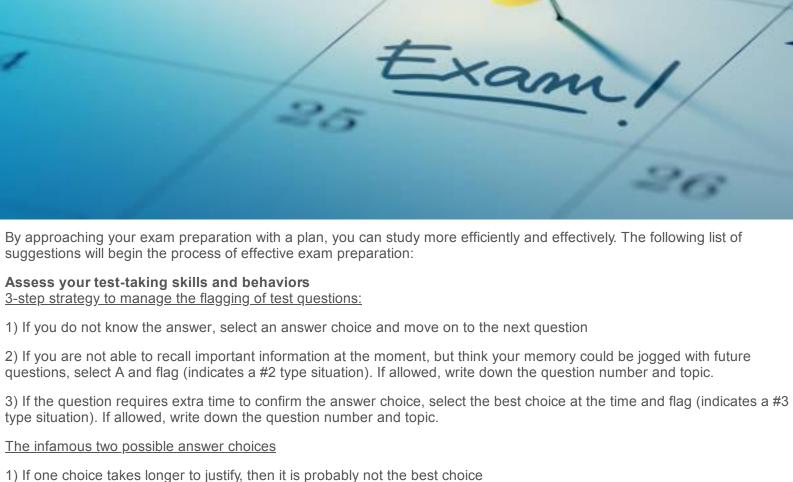
To schedule an appointment, email <u>OSS</u> to request an appointment with your CV attached.

person or virtually. Contact OSS for more information to be a facilitator or participant.

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

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,

Exam Preparation Academic Support Spotlight -Skills and Strategies



1) Establish a calming routine when anxiety is first detected during an exam. Possible routines include closing your eyes, taking several deep breaths, and opening your eyes to look beyond the screen or exam paper. 2) Use a seated progressive muscle relaxation technique

1) To spend less time and mental energy looking at the clock during timed exams, divide the exam time and the number of

2) If provided in the lecture material, use example questions to guide your thinking on how to think about this information. Consider how these questions can be an example of how other similar topics that will be tested.

summaries, diagrams, charts, etc.

the day before the exam.

csession@gwu.edu.

Preparation for exam study

Manage anxiety

Manage time

study goals.

3) Analyze your planned study steps - delete passive learning steps 4) Replace going over notes (passive) with creating summaries using your own words. Note: this will take longer initially, but reviewing summaries is more time efficient. When reviewing these summaries, add supplemental information as needed in a different color.

knowledge gap. Create connections and associations to assist during the exam.

questions by 4. Only check the clock when 1/4. 1/2, 3/4 through the exam.

6) <u>Self-assess your ability to:</u> - understand by describing, explaining, classifying, outlining, paraphrasing, and - apply by illustrating, interpreting, and relating the core information.

5) Survey your study material and make a note of any questions you have about the study material. These questions become

Mental Health Resources

9) Review, or better yet, discuss the material with a peer

Final step of the exam preparation process

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.

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

individual, departmental, and institutional-level services.

GENETIC E LINGUITIVE PHOBIA WILLIAM COGNITIVE May is Mental Health Awareness Month! OSS, along with our partners at Talkspace want to celebrate everyone who has put forth the effort to improve how they feel and function, and encourage you to pause and acknowledge the win on any progress (small, big or in between.) To read more about the importance of mental health and the need to de-stigmatize conversation about it, click here.

As more folks continue to seek mental health information online, Talkspace has also created a Mental Health Conditions Library. The new site will provide members of Talkspace with free, clinically-evaluated, human-authored articles and

to join the Student Wellness Committee, or to send suggestions/ideas for wellness events, please send them an email or

Himmelfarb Library Donation Cart and Art Show: Himmelfarb Library has a cart set up outside the library entrance (just before the turnstiles) where you can donate unwanted (non-library) books in your possession. The cart will be available until

Additionally, the Himmelfarb Library art show is ongoing. Check out art submitted by your fellow SMHS classmates until May 11th. Full details can be found on their website.

May 9th. To make any donations after May 9th, contact Ian Roberts, Acquisitions & Resource Sharing Librarian, at

AMERICAN AND PACIFIC

HERITAGE MONTH The month of May has been designated as Asian American and Pacific Islander Heritage Month (AAPI Heritage Month) is an annual celebration that recognizes the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent to the United States. The AAPI umbrella term includes_cultures from the entire Asian continent—including

https://www.history.com/topics/holidays/asian-american-pacific-islander-heritage-month

ISLANDER

East, Southeast, and South Asia—and the Pacific Islands of Melanesia, Micronesia, and Polynesia.

Got this as a forward? Sign up to receive our future emails View this email online.

"When you learn something from people, or from a culture, you accept it as a gift, and it is your lifelong commitment to preserve it and build on it."— Yo-Yo Ma Congratulations on making it to the end of the Spring semester! Whether this semester was your first, last, or something in between, know that your hard work is something to be recognized and celebrated. If you still have August. We will resume our monthly newsletter in September.

The OSS Newsletter will be on hiatus during the month of June and will issue a combined edition for July and Graduation!

 OSS Annual Survey Mental Health Resources Mental Health Spotlight - Mental Health Awareness Month

 Student Life Spotlight - Asian Pacific American Heritage Month Congratulations to all SMHS Graduates!

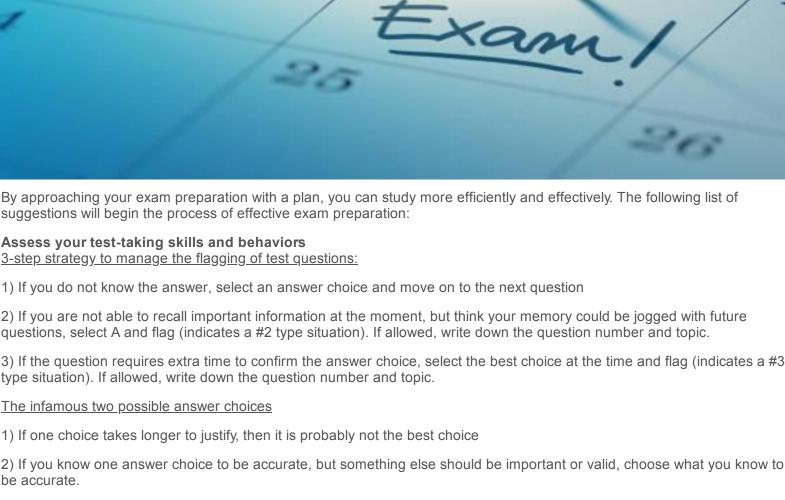
The Office of Student Support would like to congratulate the Class of 2023! Whether you are advancing your education, or embarking on your professional career, we wish you well as you continue to support and

releasing our Annual Survey for 2022-23. We invite and encourage you to share your feedback about OSS with us. The survey should take no more than five minutes, and is completely anonymous. Anyone who completes the survey will be eligible to receive one of two \$50 Amazon gift cards. You will be able to enter your name via a different webform following completion of the survey, and will not tie you to your survey answers in any way. A randomized drawing for the gift cards will be completed following the close of the survey.

Academic Support CV Support: We have a dedicated faculty advisor with whom you can schedule appointments to review and revise your CV.

The survey link can be found here, and the survey will remain open until May 11th at 11:59pm.

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.



(This is not part of the routine development of lecture study materials, preparation for the exam utilizes the work and study products already completed.) 1) Identify what might be on the exam. Theoretically, the questions on the exam should be balanced to parallel the proportion of lecture hours per topic.

7) Organize material in a manner that requires synthesis, integration, and the ability to identify connections.

8) <u>Use quiz and practice questions for self-assessment.</u> For your wrong answer choices, take time to analyze each question. - was it a test-taking error and not a knowledge gap? Work on test-taking strategies to not repeat this error during the exam. - if you do not understand why the correct answer is correct, review your summaries, charts, diagrams, etc, to close the

- if material is not in your summaries, cautiously consult a reliable source. Be sure not to spend too much time outside your

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

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

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

sessions a month with a licensed therapist and is a convenient, clinically effective, and confidential service. You will be

- understand why each answer is correct and incorrect. How could the incorrect answers be made correct?

Pre-establish a reasonable time to stop studying, allowing for adequate time to implement self-care

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. Telehealth appointments are offered during regular business hours. Call 202-994-5300 to schedule an appointment.

Additional Resiliency and Well-Being Center workshop information in May can be found here.

Mental Health Spotlight - Mental Health Awareness Month

information on a comprehensive range of mental health conditions. To access this new library, click here. **Student & Community Life** Student Wellness Committee: Student-led organization with membership available to all students. For information on how

follow them on Instagram at @bewellgw.

imroberts@email.gwu.edu or (202) 994-3685.

Student & Community Life Spotlight - Asian Pacific American Heritage Month

ASIAN

<u>Manage</u> your preferences | <u>Opt Out</u> using TrueRemove™ 2300 I St NW | Washington DC, DC 20052 US