

THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



July/August 2023 Newsletter

Office of Student Support Website



"May we not think of freedom as the right to do as we please, but as the opportunity to do what is right" - Peter Marshall

The Office of Student Support wants to welcome you to the 2023-24 academic year! Whether you are in the middle of your academic journey or are just getting started, know that you can come to us for academic support,

mental health support, and community engagement. Our services are available to all SMHS students, regardless of degree program or campus location.

Meeting and Appointment Reminder:

All students are welcome to schedule in person or virtual meeting with our staff.

A newly added option is meeting with OSS representatives **in person at GW's Virginia Science & Technology Campus (VSTC)**, located in Ashburn, VA. OSS will be holding Office hours in Discovery Hall, by appointment only!

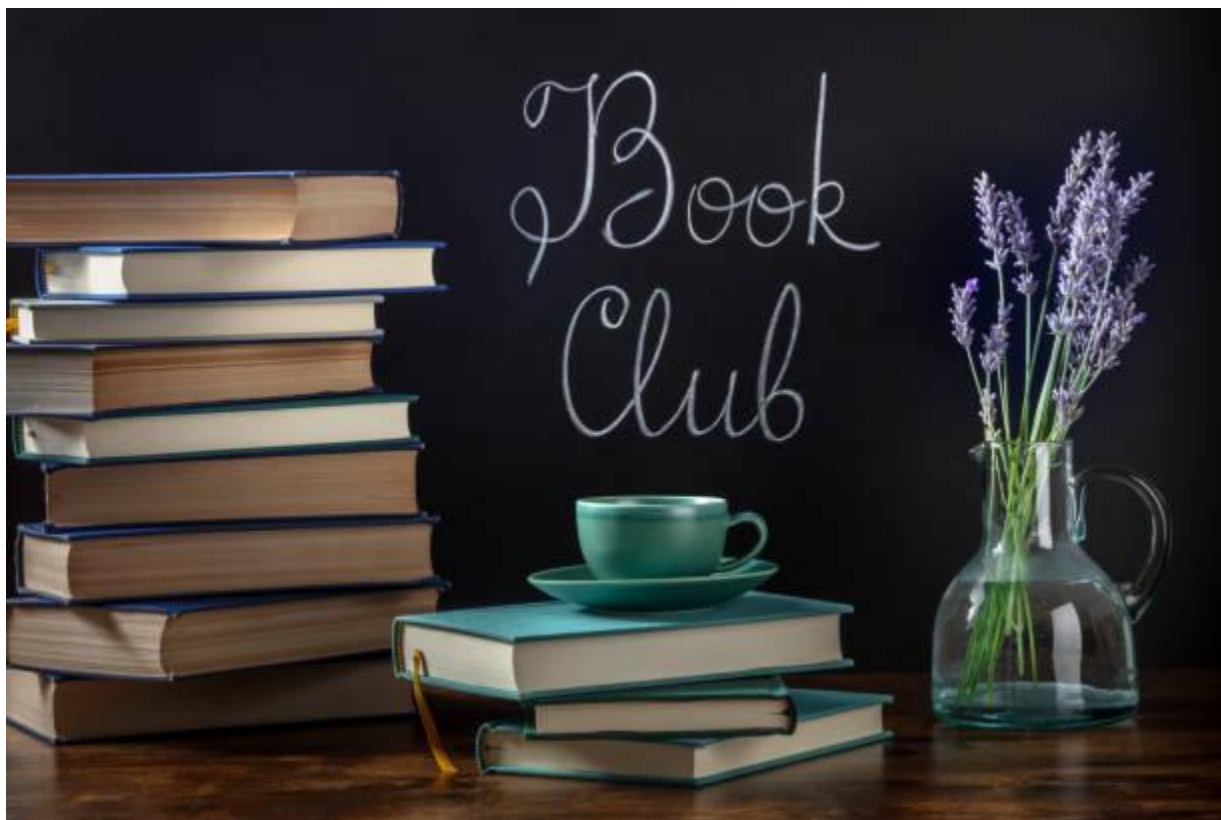
To schedule a virtual or in-person meeting, contact our office at SMHSstudents@gwu.edu.

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

- Academic Support Spotlight - Summer Book Club
- Academic Support Information
- Mental Health Spotlight - LGBTQIA+ Resources
- Mental Health Resources
- Student Life Spotlight - We Want to Hear from You!
- Student Life Resources

Academic Support

Academic Support Spotlight - Summer Book Club



Led by Terri Edwards, Learning Specialist, OSS is happy to announce our Summer Book Club for the 2nd straight year.

[Make It Stick: The Science of Successful Learning](#)

by Peter Brown, Henry Roediger III, and Mark McDaniel presents evidence-based study skills to apply during your learning experience at SMHS.

Each session is offered at noon or 6pm:

Chapters 1 & 2 - Monday Jul 10, 2023

Chapters 3 & 4 - Thursday Jul 13, 2023

Chapters 5 & 6 - Monday Jul 17, 2023

Chapters 7 & 8 - Thursday Jul 20, 2023

Registration Link: [2023 Book Club - Make It Stick](https://forms.gle/cZSmAyKktJ2qxR1w9) <https://forms.gle/cZSmAyKktJ2qxR1w9>

Discussions will focus on the following:

- 1) Common learning myths*, that promote ineffective study.
- 2) How these myths lead to poor study habits for many students.
- 3) Study behaviors described in Make It Stick: The Science of Successful Learning that produce successful learning at GW SMHS.

Click the title above to access the book electronically from the GW's [Himmelfarb Library](#). Sign on with your GW email and password. If you have any technical difficulties, the librarians can assist through the chat function.

**Smith, R, Perez, E. (2020, February 19) Takeaways from Make it Stick: The Science of Successful Learning. Blog of the APA. <https://blog.apaonline.org/2020/02/19/takeaways-from-make-it-stick-the-science-of-successful-learning/>*

Academic Support Information

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](#) with your request and attach any resume or CV documents you may have. If you have never created a CV before, we are happy to work with you and share our template.

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](#).

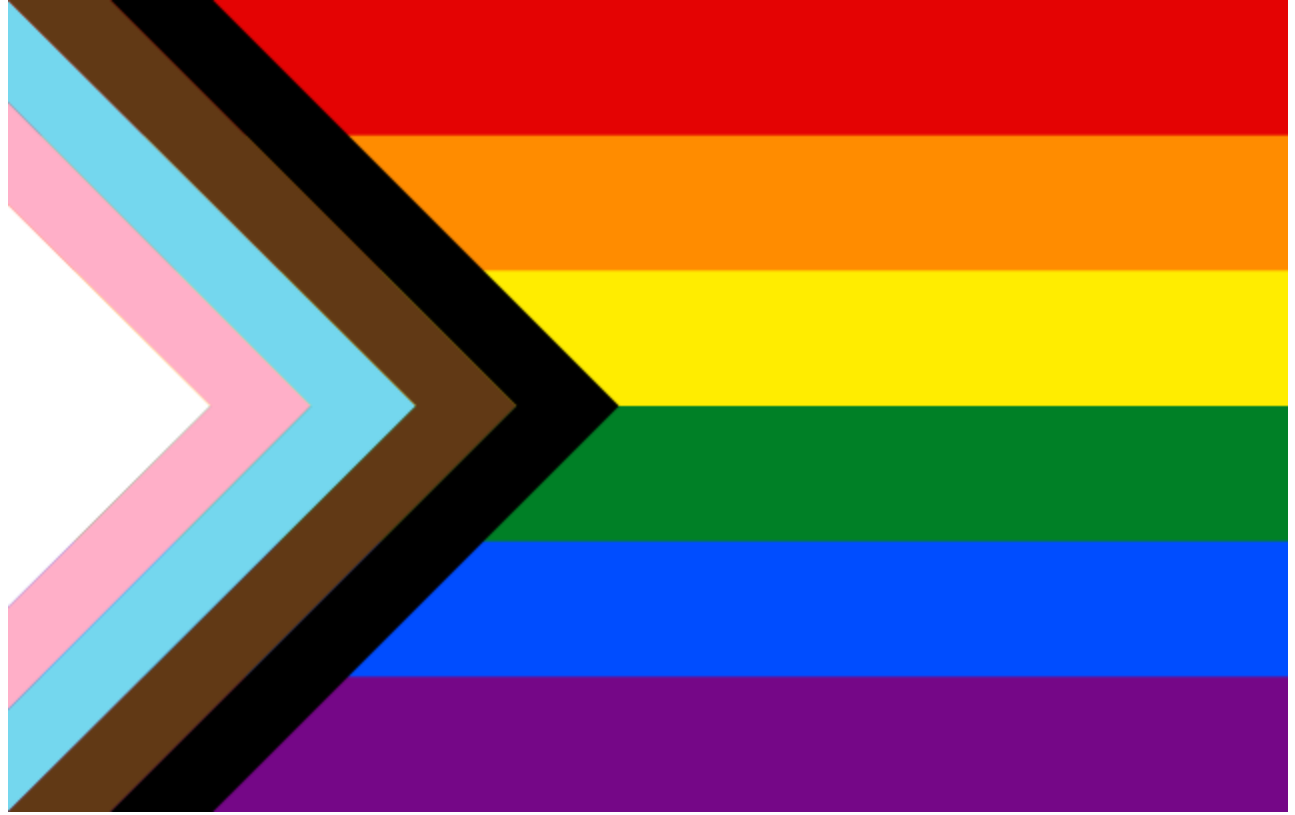
Peer Tutoring: If you would like to work with a peer tutor, email [OSS](#) to learn more about peer-led academic support.

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.

Mental Health

Mental Health Spotlight - LGBTQIA+ Resources



Pride Month is traditionally celebrated during June with numerous events, parades, and programming geared towards the LGBTQIA+ community. OSS, along with our partners at Talkspace, want to ensure that focused mental health resources are readily available to those in the community at any time. Please click the following Talkspace links for more information:

[Affirmative Therapy: Caring for the LGBTQIA+ Community](#)

[LGBTQIA+ Mental Health: A Complete Guide](#)

[How to Find and LGBTQIA-Friendly Therapist](#)

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, and virtual 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

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 July/August can be found [here](#).

Student & Community Life

**Student & Community Life Spotlight -
From You!**

We Want to Hear



As we look ahead to August, we have begun to plan our workshops and events for the 2023-24 school year. Have something in mind? Want to see a previous event return? Let us know! [Fill out this form with your ideas](#) - you can choose to stay anonymous, or provide your information so we can follow up for more input.

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

Student Survey Gift Card Winners: Congratulations to Susan, MSHS in Regulatory Affairs, and Catherine, Post-Bacc in Medical Lab Sciences, for winning our 2022-23 Annual Survey gift card raffle! Additionally, thank you to all who participated in the survey; your feedback is critical to the work that we do.

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