

# THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



## September 2023 Newsletter

Office of Student Support Website



*" You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of difference you want to make." - Jane Goddall*

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.

To schedule a virtual or in-person meeting, contact our office at [SMHSstudents@gwu.edu](mailto:SMHSstudents@gwu.edu).

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

- NEW Walk-in Hours for CV and Time Management Resources
- Academic Support Spotlight - Learning Support Resources
- Academic Support Information

- Mental Health Spotlight - Finding Balance in Everyday Life
- Mental Health Resources
- Student Life Spotlight - Pet Photo Contest Drawing
- Student Life Resources & Events

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## Want CV or Time Management Advice Without an Appointment?

Looking for some instant feedback on your resume or CV, or want some advice on managing your schedule? Don't want to wait for an appointment? OSS now offers dedicated walk-in availability at the following times:

**Tuesdays - 12 to 4pm, Ross Hall 112-B**

**Fridays - 12:30 to 4pm, Ross Hall 112-B**

**Friday, 10/6 and Friday, 11/10 will take place in 2000 Penn, Room 212**

As always, OSS is available at all other times for you to drop in and receive assistance.

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## Academic Support

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### Academic Support Spotlight - Learning Support Resources



The OSS website contains a host of resources and links. At the start of the academic year, we encourage everyone to visit our [Learning Supports web page](#) under the heading of Academic Support (see dropdown menu). On this page you will find various resources for building study skills and implementing effective time management strategies. Below is a short description of each resource.

#### **Study Skills:**

[Study Skills - Tips and Strategies](#): Document provides several tips for getting organized, managing study time, and several effective tools and strategies.

[Study Group Tips](#): Document provides tips on maintaining an effective small study group.

[Effective Study Habits](#): Before a study strategy becomes habitual, it is important to evaluate it for effectiveness and efficiency.

[Learning Scientist Blog and Podcasts](#): LearningScientists.org posts study techniques that are based on scientific research. Several of the podcasts are related to medical and health science learning (Episodes 30, 19, & 18)

[Learning Scientist - Six Strategies for Effective Learning](#): Research based strategies for effective learning are explained through infographics.

### **Time Management Strategies:**

[18 Minutes](#): An exercise in making realistic goals that can be accomplished. The exercise encourages reflection throughout the day. One is encouraged to wrap up the day with identifying successes and challenges encountered during the day to identify what will be repeated or done differently the next day.

[Eisenhower Matrix](#): A tool for prioritizing tasks. Tasks are placed in one of four quadrants, ranging from Important and Urgent to Not Important and Not Urgent. Priority of time is developed to the most pressing tasks and others are allotted less priority and time.

[Pomodoro Method](#): This helps determine how much time is needed to complete tasks, then break down larger tasks to complete in smaller chunks of time (20 or 40 minutes chunks). The method builds in time for movement and time for mental disengagement every hour.

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## **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.

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## **Mental Health**

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## Mental Health Spotlight - Finding Balance in Everyday Life

Our partners at Talkspace have provided information on the importance of maintaining balance in our daily lives. Whether you are a student, spouse, parent, or all three, click on the links below to discover tools and resources to find and maintain balance:

- [1. Back to School College Guide](#)
  - [2. How to Cope with Stress in Daily Life](#)
  - [3. How to Stay Balanced During Life Changes](#)
  - [4. Talkspace's Blog for Parents](#)
  - [5. Healthy Parenting Tips](#)
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## 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](http://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](mailto:partners-support@talkspace.com) and cc Alex Velto ([alex.velto@gwu.edu](mailto:alex.velto@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](mailto: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

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 September can be found [here](#).

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## Student & Community Life















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## Student & Community Life Spotlight -

## Pet Photo Drawing

We asked to see your pets, and received over 60 submissions in return! Congratulations to Marisa (Occupational Therapy), owner of Riggs and RaeRae, and Serena (Blood Banking for Medical Laboratory Science), owner of Norman, for winning the randomized Pet Photo Drawing!

To see all the fuzzy, fluffy (and occasionally scaly) friends of SMHS students, [check out our photo gallery!](#)

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## Community Engagement and Events

**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](#).

**Picnic at the REACH Center:** The Wellness Committee will be hosting a pizza party on Monday, September 18th @ 5:30pm at the REACH picnic grounds (behind the Kennedy Center). Please fill out this [RSVP Form](#) ASAP if you would like to attend. We hope to see you there!

**OSS on the Move:** The week of October 2nd, OSS will be set up in various locations around GW. Come find us for candy and giveaways! Our locations are below:

- October 3rd: 2000 Penn, 12:00-1:30pm
- October 4th: Occupational Therapy Suite, Watergate Building, 3:00-4:00pm
- October 5th: Virginia Science and Technology Campus, Discovery Hall Room N133 (Times TBA)

Come visit us all other times in Ross Hall 112-B.

[Office of Student Support Website](#)

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