

# THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



## November 2023 Newsletter

Office of Student Support Website



*"Success is the sum of small efforts, repeated day in and day out" - Robert Collier*

Welcome to November! With holidays on the horizon and the end of the semester slowly approaching, these can be some of the toughest days to stay focused. If you are looking for assistance or wanting to make a change in your study habits, time management routine, and more, know that it's not too late to see results before the end of the semester! We are available to meet both online and in-person.

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:

- Key Announcements
- Academic Support Spotlight - Dual Coding
- Academic Support Information
- Mental Health Spotlight - Coping with Current Events
- Mental Health Resources
- Student Life Spotlight - Native American Heritage Month
- Student Life Resources & Events

# Key Announcements

## Health Science Students Needed for Student Wellness Committee

The Student Wellness Committee is looking for Health Students to join for the next calendar year (2024)! If you would like to have a hand in planning wellness activities for your fellow classmates, reach out to the [current committee](#) or OSS to find out how to join!

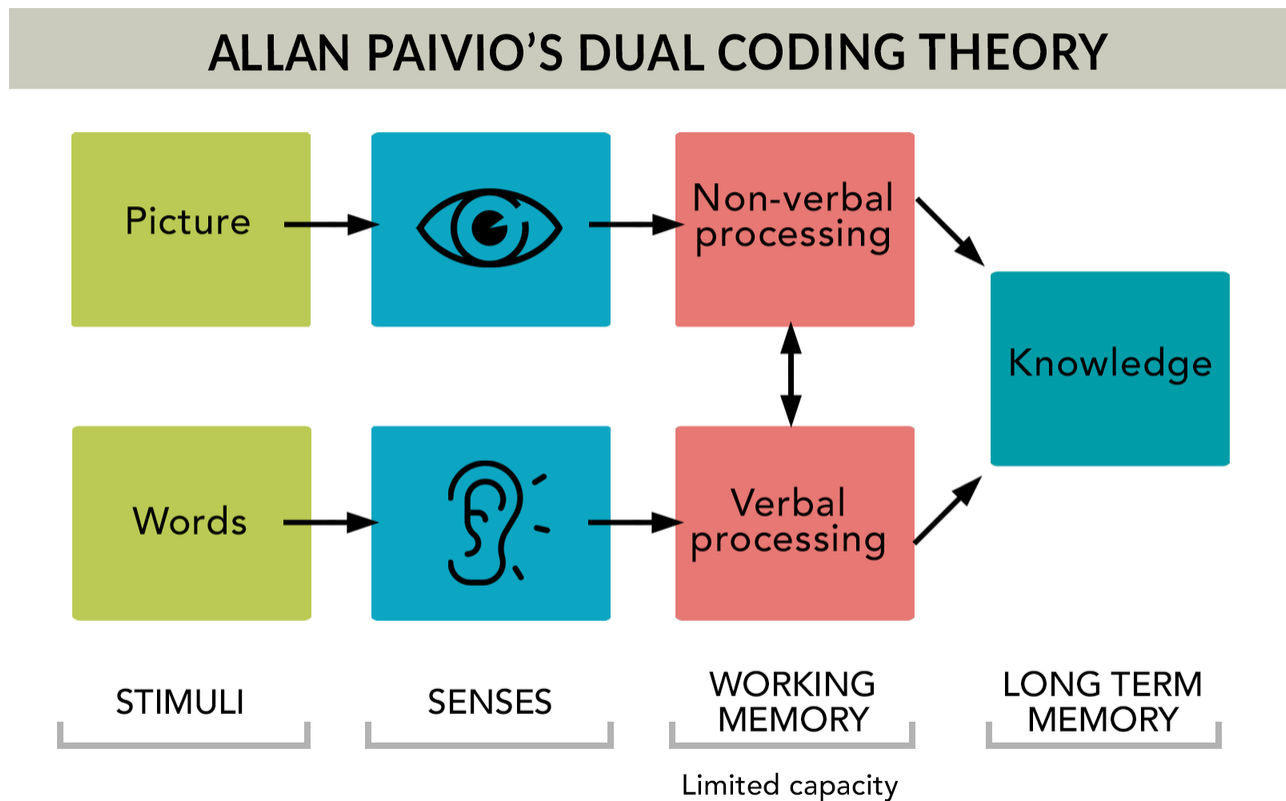
## Upcoming Resiliency & Well-being Center Workshop

OSS is excited to continue our partnership with the Resiliency & Well-being Center to bring you our last workshop of the Fall!

**One Size Doesn't Fit All: Discover Your Learning Style - November 16th, 12pm (virtual):** In this workshop you will discover different ways people learn and identify your own learning style. We will also discuss how to capitalize on this knowledge and use it in your studies and daily life. The link for the workshop can be found [here](#).

# Academic Support

## Academic Support Spotlight - Dual Coding



**Dual coding** is making connections between a verbal (written or spoken) statement and a non-verbal (image) of the same material. The goal of dual coding is to provide two representations of the information. For example, add visuals to a verbal description, verbally describe what is represented in a visual presentation.

Through visual and verbal representations, one can mesh together isolated facts into something that is more coherent.

**Application of the practice:**

If you are a fan of the Breaking Bad franchise, with effort you could provide a verbal (spoken or written) summary of the characters that first appeared in Breaking Bad then continued in Better Call Saul. However, if you were provided with the visual below, how much easier would it be to create that verbal summary?

**Cast table** [edit]

Character	Portrayed by	Breaking Bad						Better Call Saul						Film	Total	
		1	2	3	4	5a	5b	1	2	3	4	5	6			
Walter White / Heisenberg	Bryan Cranston	Main												SA	C	65
Skyler White	Anna Gunn	Main														62
Jesse Pinkman	Aaron Paul	Main												SA	M	65
Hank Schrader	Dean Norris	Main												SG		53
Marie Schrader	Betsy Brandt	Main												SA		52
Walter White Jr.	RJ Mitte	Main														54
Gus Fring	Giancarlo Esposito		G	Main						Main					59	
Jimmy McGill / Saul Goodman	Bob Odenkirk	R	Main											99		
Mike Ehrmantraut	Jonathan Banks		G	Main						Main			C	85		
Lydia Rodarte-Quayle	Laura Fraser					R	M				Guest				13	
Todd Alquist	Jesse Plemons					R	M							S	12	
Kim Wexler	Rhea Seehorn							Main							60	
Howard Hamlin	Patrick Fabian							Main							43	
Nacho Varga	Michael Mando							Main							33	
Chuck McGill	Michael McKean							Main			R		SA		28	
Lalo Salamanca	Tony Dalton										R	Main				16

### Moving it up a step:

Try to draw a visual representation of information presented in lecture, only using your memory. The visual may be a diagram, timeline, infographic or concept map. The visual created from memory is checked for accuracy, and then saved to be used as a self-assessment tool when you re-create the visual subsequent times. Then reviewing from the visual, verbally present the information as if you were teaching it.

## 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.

If you are looking for instant feedback, OSS offers drop in hours on Tuesdays (12-4pm) and Fridays (12:30-4pm) in Ross 112-B.

**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.

**Himmelfarb Writing Center:** A representative from the GW Writing Center will be providing in-person consultations at the Himmelfarb Library this semester! They will be onsite every Tuesday from 4 pm - 6 pm, beginning October 10th. They can help you with a variety of writing assignments from research reports to cover letters to CVs. The Writing Center table will be located adjacent to the first floor Circulation Desk. The service is free.



Walk-ups are welcome, but appointments are preferred. To make an appointment, visit the [Writing Center website](#). If you are a first-timer, you'll see a link on the page that lets you register for an account. If you are an online student, or would simply prefer a remote consultation, you'll see an option to request a virtual consultation.

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## Mental Health

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### Mental Health Spotlight - Coping With Current Events



[The Wound Is the Place Where the Light Gets In: How to Manage Stress and Anxiety Over the Middle East Crisis](#) - Viktoriya Karakcheyeva, MD MS NCC LCPC-SP LCADAS

The whole world has been deeply wounded by the recent Israel-Hamas war. It has profoundly impacted many members of GW and our immediate and extended community. Whether you are touched directly because you have family and/or friends in these areas or witnessing war reports unfolding through various media outlets, it causes incredible amounts of stress and strong emotions—even from afar.

The Resiliency & Well-being Center is by your side to help you process and cope with these strong emotions, find a place for the light to enter and make the darkness we experience smaller.

#### **Acknowledge your emotions – they are real and valid**

It starts with giving yourself permission to feel what you feel without judging, suppressing, minimizing, or amplifying. You owe yourself grace and space to be real in your grief, anger, sadness, guilt, or fear. Identifying your feelings is the first step in addressing them.

#### **Words have power – frame the messages you send inward and outward with mindfulness**

Human beings use language to communicate the complexity of their experiences and emotions. Being mindful of how to frame messages you send inward and outward, can be very impactful on your own emotional well-being as well as those around you. Remember, words can heal or they can hurt.

#### **We are all in the same storm but not in the same boat**

Impact of traumatic events can be tricky, as we all respond in our own unique ways. Sometimes distress hits us immediately, and sometimes it can be delayed. Response to trauma can range from profound sadness, anxiety, feeling trapped, helpless and hopeless to anger, shame and guilt, grief, lack of sleep, appetite, and desire to take care of yourself.

There is no one way to cope and we encourage you to use what works best for you. These coping strategies are your anchor that will keep your boat afloat until the storm passes.

If you are looking for ideas here are a few:

- Take the traumatic event as an opportunity to reconnect with who you are and what you value and believe in;
- Connect and spend time with people that matter to you.
- Take extra “me” time.
- Stick to your routine even if it is hard.
- Conserve energy and recharge your batteries—don’t deprive yourself from rest, restorative sleep, and nourishment.
- Engage in comforting and hope promoting rituals (pray, light a candle).
- Focus on what you CAN control.
- Allow time to process your feelings.
- Turn to your faith or higher power.
- Meditate or do other mind-body exercises like yoga or tai chi.
- Contribute to what you believe in with your time and effort or through philanthropy.

### **Narrow down information overload**

Informational and sensory overload can take a toll on any of us very quickly. Witnessing violence, destruction, and death in the media can lead to more distressing thoughts, feelings, and physical symptoms and reignite the trauma. Giving your mind and body a break will help you regain your composure and regroup.

Choose your sources of information wisely to avoid misinformation and disinformation and ensure they are accurate and factual.

### **Skip the urge to self-medicate**

When we are in high levels of distress it is tempting to numb our feelings with an extra glass of wine or comfort food to manage emotions. These forms of coping can be problematic as they can leave you with the aftermath of other problems when the crisis is over.

### **Give others grace**

It is hard to know what someone else may be experiencing right now. If someone is curt or even rude, try not to take it too personally.

Recognize that this may be an especially difficult time for both the Jewish and Arab members of our community. We are all members of the human race and the GW community. Treat each other with dignity and respect.

### **Ask for Help.**

Sometimes the intensity of what you feel can be too much and it can greatly impact your ability to function and do things you enjoy. It is important to listen to your body and emotions and seek professional support when you need it.

GW's School of Medicine & Health Sciences and Medical Faculty Associates have a wide range of well-being and employee assistance program [resources](#), such as Headspace, Talkspace, and free counseling sessions. The R&W Center offers individual [consults](#) and safe spaces for group support with a licensed clinical professional counselor or other behavioral health professionals.

### **Selected Talkspace resources include:**

[On-Demand Workshop: Coping with Current Events](#)

[10 Tips to Keep you Grounded](#)

[Other key observances in November include:](#)

**Men’s Health Month/Movember** : November is not just about mustaches; it’s also Men’s Health Month, dedicated to raising awareness about men’s physical and mental health. Men often face unique challenges in seeking help for mental health issues. [No matter your gender, take some time this month and reach out to the men in your life.](#)

**Thanksgiving and Gratitude:** As we approach Thanksgiving, a time for gratitude and reflection, we encourage you to focus on the positive aspects of your life. [Gratitude has been shown to have profound effects on mental well-being.](#) Consider journaling about the things you're thankful for, reaching out to loved ones, and practicing self-compassion.

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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 November can be found [here](#).

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## Student & Community Life



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## Student & Community Life Spotlight - Heritage Month

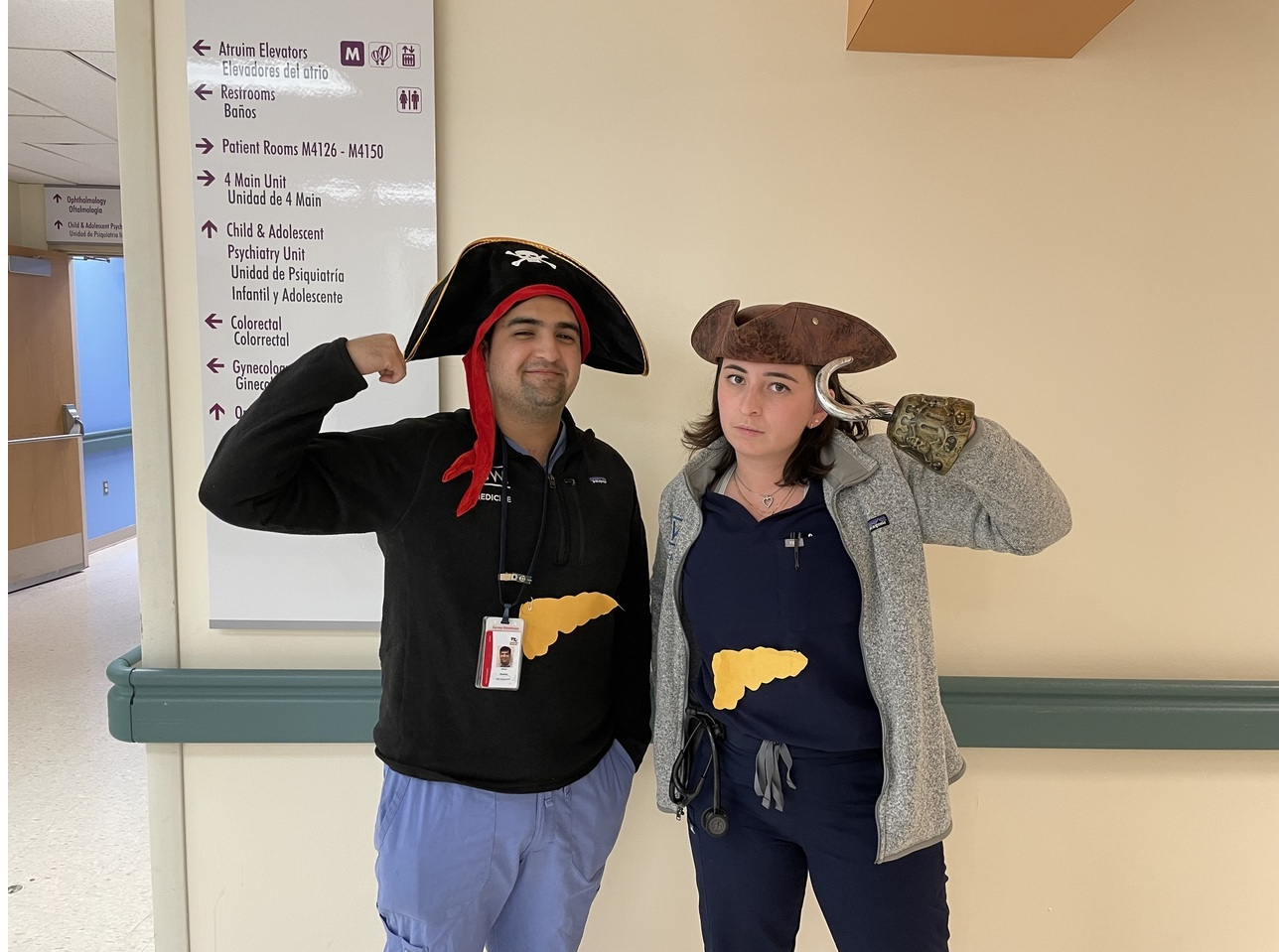
## Native American

In 1990, November was officially designated as **Native American Heritage Month** by the federal government. Native American Heritage Month is a time to honor and recognize the rich cultural tapestry, traditions, and contributions of Native American people in the United States. This observance provides an opportunity to learn about the diverse histories, languages, and vibrant cultures of Native American communities. It's a chance to acknowledge the enduring legacy of indigenous peoples and to reflect on the ongoing challenges they face while celebrating their resilience, wisdom, and profound connections to the land. Native American Heritage Month encourages all to appreciate the unique heritage that has shaped our nation and to work towards a more inclusive and equitable future for all.

For events offered at GW, please visit the Multicultural Student Center's page for the [Native American Heritage Celebration](#).

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## Community Engagement and Events



*Congrats to Dhruv and Dylan for winning the OSS Costume Contest with their group costume, "Pirates of the Pancreas!"*

**Student Wellness Committee Holiday Cookie Decorating:** Starting at 12pm on 11/29 in the Ross Hall Student Lounge, cookie decorating kits will be available! Stop by throughout the afternoon and create yourself a sweet treat.

**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](#).

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