

THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



December 2023 Newsletter

[Office of Student Support Website](#)



"The future belongs to those who believe in the beauty of their dreams"

- Eleanor Roosevelt

It's December, which means one thing - the end of the fall semester is truly in sight! The Office of Student Support is here to assist in any way we can to help you cross the finish line. To all our students, we hope you finish strong and have a refreshing, relaxing, and rewarding holiday season; if you are travelling, we wish you safe travels. For those of you in your last semester, congratulations! Your success is something truly to be proud of, and we wish you all the best as you continue onward from GW.

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 - Strategies for Exam Preparation

- Academic Support Information
- Mental Health Spotlight - Preparing for the Holidays
- Mental Health Resources
- Student Life Spotlight - Affirmation Wall & Thankful Tree
- Student Life Resources & Events

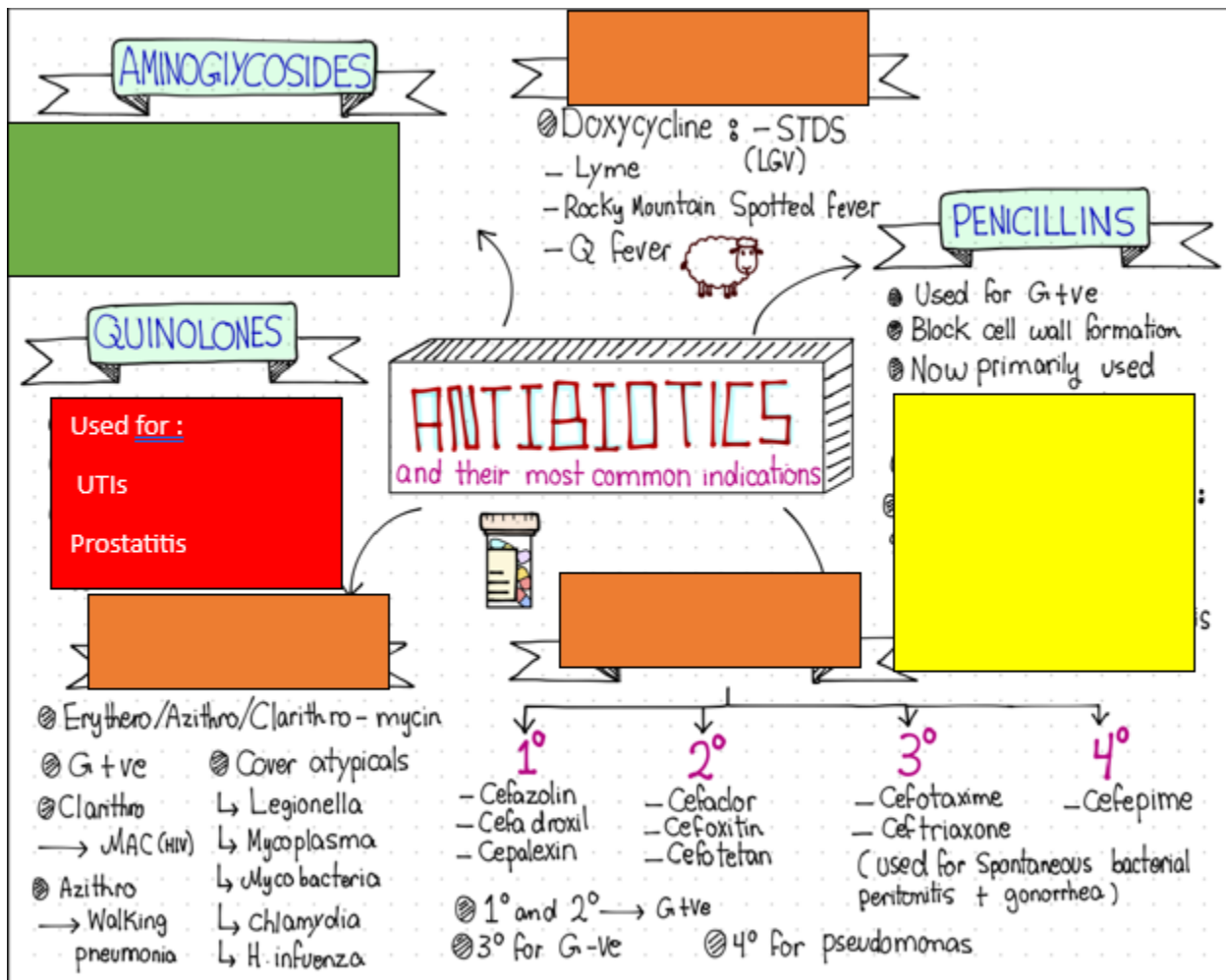
Academic Support

Academic Support Spotlight - Preparation

Strategies for Exam

Strategies for exam preparation: Self-testing from available notes and lecture material

Preparing for final exams can often result in passive learning, or panic about the insufficient time to create the consolidated exam study notes envisioned at the start of the semester. Effective, active learning strategies include retrieval practice, spacing, and elaboration. It is important to space out your retrieval; therefore, returning to created study material for exam preparation self-testing is beneficial. Monitoring your learning is also a key component of exam preparation.



This strategy can be used with handwritten notes, typed notes, or notes from lecture slides. The basis of this strategy is to cover material for retrieval practice. On handwritten notes, apply a sticky; on Word, Document, or slide-based notes, insert a colored text box over the material for self-testing. These boxes are then used as a writing area for the information that has been retrieved from memory. Color coding can be applied to monitor your learning; various colors indicate different knowledge levels. In the example above:

- the material under the green box has been fully recalled and is now ready for a subsequent round of self-testing

- the red box indicates limited knowledge level (only two items were retrieved)
- the yellow box was lowered to cover material that is not fully understood
- the orange boxes are for lower knowledge levels; only the name must be known for the exam

Anterior compartment of the forearm

Muscle	Level	Origin	Insertion	Action/Function	Blood Supply	Innervation
Flexor carpi radialis	Superficial	Medial epicondyle of humerus (common flexor tendon)		Flexion and abduction at wrist		Median nerve
Palmaris longus	Superficial	Medial epicondyle of humerus (common flexor tendon)		Wrist flexor	Ulnar artery	Median nerve
Flexor carpi ulnaris	Superficial	Medial epicondyle of humerus (common flexor tendon)		Flexion and adduction of wrist	Ulnar artery	Muscular branches of ulnar nerve
Pronator teres	Superficial	Humeral head: medial supracondylar ridge of humerus (common flexor tendon); Ulnar head: coronoid process of ulna		Pronation of the forearm, flexes elbow	Ulnar artery and radial artery	Median nerve
Flexor digitorum superficialis						
Flexor digitorum profundus	Deep			Flex hand and both interphalangeal joints	Anterior interosseous artery	Median nerve (anterior interosseous), muscular branches of ulnar nerve
Flexor pollicis longus	Deep	The middle 2/4 of the anterior surface of the radius and the adjacent interosseous membrane		Flexion of the thumb	Anterior interosseous artery	Anterior interosseous nerve (branch of median nerve)
Pronator quadratus	Deep	Medial, anterior surface of the radius		Pronates the forearm	Anterior interosseous artery	Median nerve (anterior interosseous nerve)

The same strategy can be used when studying from tables, where individual cells, rows, or columns can be hidden. Another strategy instead of a text box is to use white font and verbally retrieve the information, and then highlight the text to show the white font; or hide a column or row, then add one for writing out the retrieved information.

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.

Mental Health

Mental Health Spotlight - Preparing for the Holidays



While the holiday season can be full of excitement, spirit, and cheer, it can also be a challenging time for many. December often brings a mix of emotions, and feelings of loneliness or stress can become more pronounced during this period. Our partners at Talkspace have provided a collection of free resources for you, and we have curated a new list of meditation apps to help you take a breath and recharge this holiday season.

Selected Free Talkspace resources include:

[A No Nonsense Guide to Setting Holiday Boundaries](#)

[6 Ways to NOT Let Your Family Stress You Out Over the Holidays](#)

[How to Take the Financial Stress Out of the Holidays](#)

Meditation Apps and Resources:

- [CALM](#): Paid subscription only
- [Headspace](#): Paid subscription only, with student discounts available
- [Healthy Minds Innovations](#): Free version available, as well as a paid subscription option
- [UCLA Mindful Awareness Research Center](#): Free version available, as well as a paid subscription option

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 Alex Velto (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 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

If you are in a crisis, or are concerned about a GW student in crisis, call the Student Health Center at 202-994-5300 and select option 3. This is available 24 hours a day, 7 days a week.

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 December can be found [here](#).

Student & Community Life



Student & Community Life Spotlight - Tree

Affirmation Wall & Thankful

To celebrate the end of another successful semester, the Student Wellness Committee is running an Affirmation Wall & Thankful Tree in the Ross Hall Student Lounge! Now through the end of the semester, stop in to share affirmations and gratitude with your classmates.

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](#).

Things to do in the DMV area in December: Looking for something to do in December? Here are few local events to consider:

- [Ice Skating around DC](#) (cost varies by location)
- [Georgetown GLOW](#): A free public art installation in locations around Georgetown
- [Downtown Holiday Market](#): A free-to-frequent market located on F St between 7th and 9th streets

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