

THE HIPPOCAMPUS

THE SMHS OFFICE OF STUDENT SUPPORT NEWSLETTER



January 2024 Newsletter

[Office of Student Support Website](#)



"This year, be structured enough for success and achievement, and flexible enough for creativity and fun."
- Taylor Duvall

Welcome to the spring semester! As snow and cold temperatures blanket the country, we hope you are staying safe and warm. Whether you're just starting your journey at GW, you're preparing for graduation this spring, or you're somewhere in between, the Office of Student Support is here to assist you along the way. Join us this semester for a workshop, contact us for 1:1 support, or simply stop into Ross 112-B for some candy and chance to say hi!

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:

- New for January
 - OSS Workshop - Learning and Study Strategies Inventory (LASSI)
 - Student Wellness Committee January Event
 - Academic Support Spotlight - Himmelfarb Library's Online Resources
 - SMHS Resiliency and Well-being Center Spotlight - Restorative Sleep
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New for January

Upcoming Workshop - Learning and Study Strategies Inventory





Are you interested in learning more about your **Learning and Study Strategies** to identify areas where academic interventions could be most effective? Register for the LASSI virtual workshop **scheduled for January 31, 2024, from 6 to 7 pm EST**. The registration deadline is Friday, January 26. All who register will receive via email a copy of the instrument and directions for taking the LASSI. The results will be emailed to you from OSS; please complete the inventory in a timely manner, allowing time for OSS to receive your individual report, and then forward your inventory results before the workshop. The inventory is free, and results will remain confidential.

The Learning and Study Skills Inventory (LASSI) was developed from extensive research and testing, resulting in a statistically valid and reliable tool for diagnosing study skills. The tool assesses a learner's awareness about and use of three learning and study strategies related to the SKILL, WILL, and SELF-REGULATION components of strategic learning.

[Please follow this link to register!](#)

Interested in learning more about the concepts you will be exploring through the LASSI? See below:

The Skill Component of Strategic Learning examines learning strategies, skills, and thought processes.

The Will Component of Strategic Learning measure receptivity to learning new information, self-discipline, willingness to exert the effort necessary to complete academic requirements successfully, and the degree of worry about academic performance.

The Self-Regulation Component of Strategic Learning measures management, or self-regulation, and control of the whole learning process through using time effectively, focused attention, and maintaining concentration over time

Student Wellness Committee Welcome & January Event



"Welcome to the Spring Semester! The Wellness Committee is a group of elected students from all programs within the GW

School of Medicine and Health Sciences with a passion for promoting wellness in our community. We believe that as students who are training to become healthcare providers, it is critical that we learn to care for ourselves by nurturing our own personal health and wellness, as we strive to care for others. This committee seeks to promote wellness by organizing events and initiatives that enhance student wellbeing and strengthen relationships within our programs. We consider many dimensions of wellness and work with the Office for Student Support (OSS) to ensure accessibility to resources and safe spaces, as well as provide events like movie nights, picnics, cookie decorating, therapy dogs, and other initiatives to promote connectivity and healthy habits." - *Student Wellness Committee Leadership*

On **Monday, January 29th**, the Student Wellness Committee invites everyone to join for **Georgetown Ice Skating!** Gather to skate over with your classmates in the Ross Hall Courtyard at 4:30pm or meet everyone at the Washington Harbour Ice Skating Rink in Georgetown at 5pm; skating will take place from 5-6:30pm. Tickets and rentals will be purchased on-site, totaling \$14.

Academic Support Spotlight - Himmelfarb Online Resources



The Himmelfarb Library has a number of online resources- beyond their e-books, journals, and databases- that can give you a step up this semester. Check out the links below for ways

[Himmelfarb Library News Blog:](#) Himmelfarb librarians maintain a blog, with updates twice a week! Recent highlights include a review of [Universal Human Rights and Health Care in America](#); updates to the search scope of the [Library Catalogue](#); a retrospective of the many additions and [accomplishments of the Himmelfarb Library in 2023](#); and a roadmap of accountability for [Setting Goals for the New Year](#).

[Himmelfarb Library Newsletter:](#) Featuring robust updates every other month, the Himmelfarb Headlines provide updates on new policies and projects, introductions to staff members, student and faculty profiles, and more! Himmelfarb has been publishing newsletters for nearly 50 years, and maintains a digital archive of all.

Social Media: Himmelfarb Library is on social media! Information and vital updates on hours, events, and updates are posted to [Facebook](#) and [Instagram](#).

Resiliency and Well-being Center Spotlight - Restorative Sleep



From the GW Sleep Center's Vivek Jain, MD and the Resiliency & Well-being Center team.

Restorative sleep falls under the Recharge element of the Resiliency & Well-being Center's whole person approach to supporting purpose (see the [Recharge video](#) and the [Resiliency & Well-being for Whole Health Worksheet](#)). Without restorative sleep, we cannot contribute meaningfully professionally or personally.

A good night of sleep should have you feeling well-rested and awake the next day. Research data suggests that almost a third of us drag ourselves out of bed in the morning because we haven't gotten enough good-quality sleep at night, which means we're not feeling as great as we could be during the day.

If you are feeling tired upon waking up, or throughout the day, you may be experiencing some underlying issues that are impacting your night's rest. Any number of things could be contributing to your poor sleep quality. Some potential causes include poor sleep hygiene, stress, sleep apnea or another primary sleep disorder, or another chronic health condition.

To learn more about the Resiliency & Well-being Center's resources for Restorative Sleep, [visit their website](#).

Additionally, an online Grand Rounds on "Behavioral and Substance Use Patterns and Sleep" is being hosted on **Thursday, January 25th, from 12-1pm EST**. The speaker is Viktoriya Karakcheyeva, MD, MS, NCC, LCPC-SP, LCADAS, the R&WC's behavioral services director. The lecture will focus on the connection between sleep quality, habit forming behaviors and substance use, as well as overall mental health. She will discuss hands-on strategies to help us recognize behavioral and substance use patterns that affect our sleep and vice versa, develop strategies to shift our sleep habits from unregulated to restorative and bring ourselves to a healthier, happier and more balanced state. To register for the Grand Rounds, please [click here](#).

Talkspace Resources for January

To start the year, Talkspace has provided a few ideas for New Year's resolutions that can improve your mental health, including:

- Committing to Kinder Self Talk
- Practicing Gratitude

- Learning to Say No

- Prioritizing Joy

- Asking for Help

Check out [their webpage](#) to get more information on each resolution.

Additionally, Talkspace is hosting two live workshops this month! No sign up is required; simply click on the link below when it's time and launch the workshop in Zoom.

Monday, January 22nd, 9pm EST - [Practicing Emotional Regulation](#)

Tuesday, January 30th, 7pm EST - [Interrupting Rumination](#)

January Events Around DC

Looking for something to do in January around DC? Here are some ideas to get you started:

- [Latin American Architecture in Circulation](#): The National Gallery of Art has just debuted a new exhibit focusing on the architecture that emerged as a hybrid of indigenous and colonial styles to the area. Times are limited (Weekdays, 11am - 4:30pm) but the exhibit is open until April 26th.

- [The Reading Room Festival](#): Featuring four new plays inspired by works or conversations of William Shakespeare, the Reading Room Festival gives you a chance to look into the entire playwriting process, including open readings, rehearsals, and conversations with actors and directors. Running January 25th through January 28th, tickets to the readings and conversations are free with a student ID.

- [ARTECHOUSE Beyond the Light](#): In collaboration with NASA, ARTECHOUSE has work to interpret the frontier-pushing data NASA collects about our universe, then brought it to life in the highest resolution possible utilizing today's latest creative technologies and experiential storytelling, resulting in a stunning display. The event runs until March 3rd; tickets can be purchased for a 10% discount with [this link](#).

OSS Pillars

OSS Pillars are the foundation of what we do. All of the events, services and opportunities we provide to students are done with these pillars in mind. Our primary services, as well as connections we have with other offices throughout the university, can be found below. Interested in a service, but don't see it below? Contact us to have a conversation!

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 a free 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 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

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 January can be found [here](#).

Student & Community Life

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 Organizations: Interested in joining one of the 80+ student organizations SMHS has to offer? You can find a full list of them [here](#), updated every semester.

Want to start your own organization? The Medical Center Student Council provides guidance on the process on [their website](#), with enrollment periods open twice a year.

[Office of Student Support Website](#)

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