

FALL, SEPTEMBER 2020

THE WELL OFFICE NEWSLETTER

for Learners from the ISoN,
SPOT, and SCSD

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WELCOME BACK!

WE ARE EXCITED TO HAVE YOU
BACK FOR THE FALL 2020
SEMESTER!



McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé



TIPS FOR YOUR REMOTE SEMESTER

1

Create a weekly routine. Make a list of everything that you need to do for each day. Split your day into morning, afternoon, and evening. Set a time for breaks and to finish work. Move unfinished tasks to the next day.

2

Have a dedicated area just for studying or working. De-clutter your space. This helps to create some boundaries between work and home life.

3

Fuel your mind and body. Think about ways to incorporate movement or exercise into your day. Stay hydrated with the help of a clear water bottle. Make time for healthy meals and snacks that will leave you feeling energized.

4

Don't forget to go outside and get some fresh air daily.

5

Studying or working from home can get lonely. Connect with others as much as possible. Schedule time to connect online, invite a friend to watch a lecture, do a study session, or do fun activities outside while following provincial safety guidelines.

LEARNING SKILLS WEBINARS - TUTORIAL SERVICES



Tutorial Services offers a series of live webinars that are open to all McGill students presented by a Learning Skills Advisor.

These webinars focus on helping students get the most of their academic experiences, and get clarity on and achieve their academic goals. Each of the webinars presented by Tutorial Services is eligible for recognition on your Co-Curricular Record (CCR).

Topics include: Your Guide to Remote Learning, Time Management: Your Best Ally, Learning and Memory, Concentration and Focus, Note-Taking Strategies Made Easy and The Art of Taking Exams.

APPLY! BECOME A LEARNING ENVIRONMENT STUDENT ADVISOR

A Learning Environment Student Advisor (LESA) sits on the Interprofessional Learning Environment Advisory Committee of the WELL Office. Their role is to speak on behalf of their peers on important matters regarding the academic and clinical learning environments. LESAs represent all levels of training from ISON, SPOT, and SCSD.

We are very excited to continue our enriching collaboration with our **current LESAs**. To view our members, click [here](#).

We are also recruiting **NEW members** to join our growing and talented LESAs network:

Please consider applying, if you are interested in:



What will you gain?

- First hand experience with interprofessional collaboration
- Leadership and communication skills
- Representing and advocating for yourself and your peers
- Volunteer experience for CV
- Participation certificate and gift at the end of your term

To apply, please contact:
thewelloffice@mcgill.ca

Application deadline:
September 25, 2020



We look forward to working with our new and existing members!

WELL OFFICE SERVICES FUNCTIONING REMOTELY!

The WELL Office is working remotely and continues to offer services virtually to learners from the ISoN, SPOT, and SCSD.

To schedule **a virtual or phone counselling appointment** with one of our Wellness Consultants, please do so via their Calendly links found here.



Camila Velez, MA, CCC
Wellness Consultant-
Academic Associate



Emily Wasylenko, MA,
Psychologist (OPQ), CCC
Wellness Consultant-
Academic Associate

IF YOU ARE HAVING DIFFICULTY FINDING AN APPROPRIATE TIMESLOT, PLEASE CONTACT THE WELL OFFICE AT 514-398-5836 OR THEWELLOFFICE@MCGILL.CA AND WE WILL DO OUR BEST TO ACCOMMODATE YOU.

If you are in need of academic guidance, are experiencing difficulties in the academic/clinical learning environments, have questions about the code of conduct, or have encountered mistreatment, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs by email at deborah.friedman@mcgill.ca.



Professor Deborah Friedman BSc pht MMgmt
Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences
Associate Professor Department of Pediatrics and Pediatric Surgery

For information on mistreatment and how to report it, click here.

WELL OFFICE WELLNESS CURRICULUM



The WELL Office Wellness Curriculum is offered to the SPOT, ISoN and SCSD programs. The goals of the sessions are to provide evidence-based skills to foster clinical and academic success, promote a culture of resilience within the learning environment, and support your journey in the health professions.

Sessions will be offered **live on zoom** this year! Your ongoing participation and feedback is very valuable and will help us ensure we are meeting and representing your needs!

You can also visit our Take Home Messages section for a summary of Tips and Strategies on assorted topics.

WELL OFFICE RESOURCES



The WELL Office Podcast



Yoga & Meditation



Staying Well during COVID



Anti-Racism & Coping



Wellness Resources

ORIENTATION VIDEO

To learn more about our services, Wellness Curriculum, and resources, please watch our [WELL Office Orientation Video!](#)

ACCOMMODATIONS WITH THE OFFICE OF STUDENTS WITH DISABILITIES

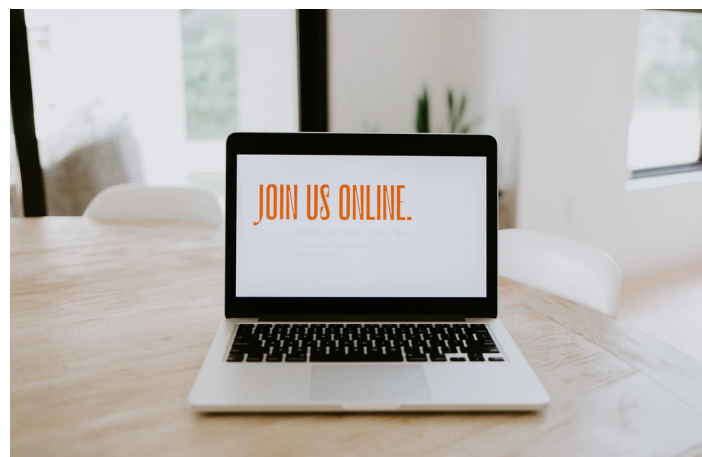
The Office of Students with Disabilities (OSD) works with students who have documented disabilities, mental health issues, chronic health conditions, or other impairments. These may be temporary, permanent, or episodic.

We encourage new and current OSD students to book an appointment with an Access Services Advisor to discuss any accommodations, barriers, or questions related to existing accommodations plans to ensure your success at McGill.

To book an appointment as a NEW student, please click [here](#).

To book an appointment as a CURRENT student, please click [here](#).

Please visit the updated [OSD guidelines](#) to learn more.



REMOTE STUDENT LIFE WEBSITE



Remote student life

Find resources and information to help you navigate McGill from your living room—whether you're an undergraduate or graduate student, living in Montreal or across the globe.



[Academics](#)



[Finances & careers](#)



[Health & wellness](#)



[Housing & dining](#)



[Student life](#)

Do you have questions about McGill resources, services, and events?

Visit the NEW [Remote Student Life](#) website to learn more about the services and resources available remotely, and on campus.

A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS



The 2020-2021 academic year is most definitely a first in our Faculty of Medicine and Health Science's history. I am certain that many of you are embarking upon the upcoming year with a mix of excitement, uncertainty, some trepidation, creativity, and no doubt many questions.

We are all in this together. We need to learn from one another and the medical world as the covid pandemic evolves. Nonetheless, do not lose sight of your accomplishments that got you here and the fact that you have all chosen wonderful and important professions to pursue.

As your Assistant Dean of Student Affairs, I want to wish each of you much success on your journey towards becoming a healthcare professional, clinician scientist, or researcher.

The WELL Office provides a safe and confidential venue for you to seek out guidance or resources that protect and enhance learners' well-being with the aim of fostering healthy learning. Our team is dedicated to supporting you throughout your training by promoting a culture of wellness and resilience within your academic and clinical learning environments.

Although due to the pandemic our services are currently being provided remotely our goal remains to ensure that they are provided in a time sensitive and confidential manner.

We are available to our learners in a fully accessible and functional way. Please do not hesitate to contact us if you are in need of any of our resources or if you have difficulty booking an appointment through our online system. The WELL Office telephone # is 514-398-5836 . Our Administrative Coordinator, Susan Begg, will be happy to assist you.

Throughout your curriculum, we will be addressing such topics as time management, mindfulness, perfectionism, study skills & stress management, positive solutions to negative interactions, and resilience building, to better equip you in your chosen healthcare professions. This year the WELL Office curriculum will be integrated into your class time and be done through interactive teaching sessions given by our Wellness Consultants Camila Velez and Emily Wasylenko, and our guest speakers. The Coordination of our curriculum sessions will be overseen by our Projects Manager Lesley Potts.

In past years we welcomed the opportunity to meet learners at the different orientation sessions. This year we will be providing the information through online presentations. I encourage you to have a look at our website so that you are aware of all that is available to you and to learn more about our Office.

We will be reaching out at different points in the semester through newsletters, webinars, podcasts, surveys, and offers to sit on committees to get a sense of how you are adjusting, understanding your challenges and hearing your ideas.

Your input will be important in assisting us in determining how best to meet learner needs for support, counselling, information and guidance.

Graduating Students of all Programs and all training levels:

Please be on the lookout for our exit survey prior to graduation! Your feedback is confidential, highly valued and will help to shape the WELL Office's initiatives for years to come.

I remain available for guidance, advising, to hear your ideas and address concerns.

Take care, stay healthy.

Wishing you lots of good luck and much success.



Deborah Friedman BSc pht MMgmt

Assistant Dean Student Affairs, Schools, Faculty of Medicine

Associate Professor Department of Pediatrics and Pediatric Surgery

Co-Director The WELL Office (Wellness Enhanced Lifelong Learning)

Bureau SOURCES (Soutien et ressources-conseils aux études en santé)

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THE ISON, SPOT, AND SCSD WELL OFFICE TEAM



Prof. Deborah Friedman
Assistant Dean, Student
Affairs

Susan Begg
Administrative Coordinator

Lesley Potts
Projects Administrator



Camila Velez

Emily Wasylenko
Wellness Consultants - Academic Associates

Nicole-Ann Shery

On maternity leave