

FALL, DECEMBER 2020

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

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END OF SEMESTER RESOURCES AND EVENTS



McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé

A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS



Dear ISoN, SPOT, and SCSD Learners,

We all know that 2020 has been a year like no other. While many of you may have experienced hardship and struggle, you've nevertheless demonstrated resilience, innovation, and creativity in finding new ways to adapt and connect.

I want to wish you all the best of luck in your exams and end of term work and remind you that the WELL office is here to support you in your academic, clinical, and research environments.

I invite you to look through our newsletter to find events and resources that are available to learners in the Faculty of Medicine and Health Sciences.

To a year ahead filled with hope, success, new beginnings, and good health!

All the best,

Professor Deborah Friedman BSc pht MMgmt

Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences
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)

Faculty of Medicine and Health Sciences

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MOST EFFECTIVE STUDY STRATEGIES FOR YOUR FINALS!



Distributed practice. Distributing your study time into multiple short sessions over a longer period of time. This is in contrast to cramming or massed practice, which is very common during finals but not as effective!



Retrieval practice. Focusing on getting the information that you are learning 'out' by actively testing yourself. Deliberately recall information, complete practice quizzes, have test sessions with your peers. This is in contrast to working on getting information 'in' by copying your notes, re-reading, or using other more passive techniques.



Interleaving practice. Studying related topics/subjects in parallel, rather than "blocking" or studying one topic very thoroughly before moving to another one.



Mental Rehearsal. Rehearsing the steps required for a task/skill through mental imagery/visualization. Fosters achieving fluency more quickly, with less conscious effort.



Don't forget to **take care of yourself.** Add time in your schedule for fueling your mind and body with breaks, healthy nutrition, sleep, exercise, and social connection.

CAMPUS RESOURCES TO SUPPORT YOUR LEARNING



Tutorial Services offers a series of live academic webinars that are presented by a Learning Skills Advisor.

Visit the **Office of Students with Disabilities** website 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.

The **Remote Student Life website** shows the services and resources available that are available to you, remotely and on campus.

WELL OFFICE EVENTS!



The WELL Office invites all 2sLGBTQIA+ learners from the Faculty of Medicine and Health Sciences to a virtual evening of solidarity and connection!

We will hear from several speakers, including Dr. Saleem Razack, about the unique experience of navigating through healthcare training and career life as a 2sLGBTQIA+ identifying person. Guest healthcare professionals/learners will lead group discussions, which will give learners the opportunity to ask questions, hear from others, and share the challenges and strengths that come with being part of the 2sLGBTQIA+ community in healthcare.

Date: Wednesday, November 25

Time: 19:00 - 20:45

For more details and to register, click [here](#).



This gathering aims to hold space for learners from the Faculty of Medicine and Health Sciences who identify as Black, Indigenous and People of Colour (BIPOC). You are invited to reflect on and share on the inner workings of racial trauma, micro-aggressions, and the impact of these experiences on well-being. Through communal and anonymous writing, strategies for collective and personal care will be shared.

Facilitator: Melissa-Anne Cobbler MA, MSW (ts) (she/her).

Melissa is a licensed social worker with over a decade of work experience in community, mental health and university settings. As a Black cis-woman of Caribbean parentage, her practice welcomes all and often extends support to individuals who identify with the QTBIPOC community. She works out of McGill University (Local Wellness Advisor for the Faculty of Science) and the Lighthouse Counselling Centre.

For more details and to register, click [here](#).

THE WELL OFFICE LEARNER ART MAGAZINE!



We are pleased to present the inaugural issue of The WELL Office Learner Art Magazine. This issue features the work of eight talented artists from the Faculty of Medicine and Health Sciences. The pieces reflect a range of themes, styles, and experiences in the lives of health professional learners. We hope that you enjoy our first edition and that it will inspire you to submit your artwork and/or short stories for the next one!

For more information and to submit an entry, please click [HERE!](#)

WELL OFFICE SERVICES FUNCTIONING REMOTELY!

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

To schedule **a virtual or phone counselling appointment** with our Wellness Consultant, please do so via her Calendly link found [here](#).



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



Please note that Camila Velez has gone on **maternity leave**. She wishes you a successful conclusion of the semester, and a restful and joyous break. She looks forward to seeing you next year!

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.

For information on mistreatment and how to report it, click [here](#).

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!](#)

THE ISON, SPOT, AND SCSD WELL OFFICE TEAM



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Assistant Dean, Student
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Susan Begg
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