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END OF SEMESTER RESOURCES AND EVENTS
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)
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**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.
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](#).
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](#)!
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.

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 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

Prof. Deborah Friedman
Assistant Dean, Student Affairs

Susan Begg
Administrative Coordinator

Lesley Potts
Projects Administrator

Camila Velez
On maternity leave

Emily Waselenko
Wellness Consultants - Academic Associates

Nicole-Ann Shery
On maternity leave