THE WELL OFFICE NEWSLETTER
for Learners from ISoN, SPOT, and SCSD

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Dear ISoN, SPOT, and SCSD Learners,

Fall 2022 has been an exciting semester with the return to more in-person learning. Although there continue to be different challenges experienced, learners have demonstrated resilience, innovation, and creativity. I continue to be impressed by the energy, optimism, and abilities of learners within the Faculty of Medicine and Health Sciences.

We appreciate the input of our Inter-professional Learning Environment Advisory Committee in representing the issues, concerns and ideas of learners from the ISoN, SPOT, & SCSD.

I want to wish you all the best of luck in your exams and end of term work and remind you that the Faculty of Medicine & Health Sciences 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.

Professor Deborah Friedman BSc pht MMgmt
Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences
Associate Professor Department of Pediatrics & Pediatric Surgery
Co-Director, The WELL Office
Email: deborah.friedman@mcgill.ca
WELL OFFICE SERVICES:
AVAILABLE REMOTELY AND IN-PERSON DURING YOUR FINAL EXAMS

The WELL Office is offering services both remotely and in-person to learners from ISoN, SPOT, and SCSD.

To schedule a virtual or in-person counselling appointment with our Wellness Consultants, please do so via the MS Bookings links below.

You can also book using our website.

Alissa Vincenti, M.A., C.C.C.
Book an Appointment
Tues, Wed. & Fri: 9am to 5pm
Mon & Thur: 12-8pm

Mélina Kannan, M.Ed.
Book an Appointment
Tues & Fri: 9am to 5pm
Wed: 12-8pm

Nicole-Ann Shery, M. Ed., c.o., Psychotherapist (OPQ)
Book an Appointment
Tues: 12-8pm

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, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at deborah.friedman@mcgill.ca.

To access other wellness resources, visit the WELL Office Resources tab.
# THE WELL OFFICE

To respond to questions received from learners about two available resources:

The Faculty of Medicine and Health Sciences WELL Office and McGill University Wellness HUB.

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<th>WELL Office</th>
<th>Wellness HUB</th>
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<tr>
<td><strong>Who We Serve</strong></td>
<td>Learners from ISoN, SPOT, SCSD, UGME, PGME</td>
<td>All McGill Students (including learners from ISoN, SPOT, SCSD, UGME, PGME)</td>
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<td><strong>Services and Resources</strong></td>
<td>Counselling, academic and clinical learning environment guidance, support groups, Wellness Curriculum sessions, and inter-professional learner activities and committees</td>
<td>Medical appointments (Nurse, Doctor, Psychiatrist, Nutritionist), Counselling and workshops + other health promotion services</td>
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<td><strong>Website</strong></td>
<td>WELL Office website</td>
<td>Wellness HUB website</td>
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<td><strong>Booking Method</strong></td>
<td>Online booking (self-managed appointments). If an urgent appointment is needed, CALL to complete an urgent assessment form, or you are having difficulties booking online: 514-398-5836</td>
<td>Online booking for workshops, access advisors and local wellness advisors. CALL to book with all other HUB clinicians: 514-398-6017</td>
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EXAM RESOURCES

With the final exams coming up, here are some resources that you might find helpful.

Click on any title or picture below

- Thriving with Online Learning
- Effective Time Management
- Learning and Memory Strategies
- Note-Taking Strategies
- Test-Taking Strategies
- Attend a Webinar
Additional Exam Resources

- Four Stages of Studying
- Exam Preparation
- Time Management Tips
- Writing Strategies
- Stress Management Tips
- Presentation Skills Training Series
The Office for Respectful Environments (ORE) is responsible for the intake of mistreatment reports in clinical learning environments, triaging mistreatment reports and monitoring their progress. The ORE also works to meet University and Faculty goals of maintaining respectful learning environments that reflect the principles set out in the Faculty of Medicine and Health Sciences’ Code of Conduct and expected levels of professionalism.

Should you choose to submit an incident report of mistreatment, please explore your reporting options on the ORE website.

Student Accessibility & Achievement

For students who wish to apply for a final exam accommodation(s):

Deadline to apply for final exam accommodations is November 13, 2022 at 23:59 PM.

To apply please visit this link
WELL OFFICE SUPPORT

Click on any title or picture below

The WELL Office Podcast

Yoga & Meditation

Self-Compassion Break

Anti-Racism & Coping

Wellness Resources

Using your Senses to Experience Joy

New WELL Office Curriculum

Request a group experiential session