

NOVEMBER 2022

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

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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,

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

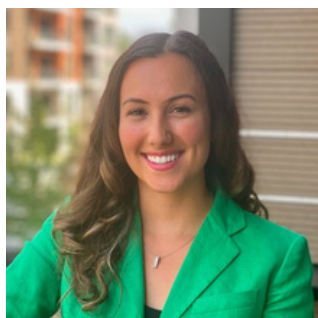
Email: deborah.friedman@mcgill.ca

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](#)

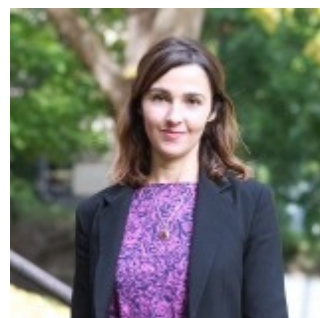
Tues, Wed. & Fri: 9am to 5pm
Mon & Thur: 12-8pm



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

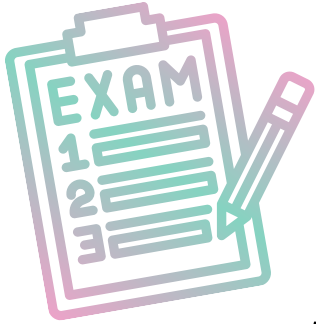
To access other wellness resources, visit the WELL Office [Resources](#) tab

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.

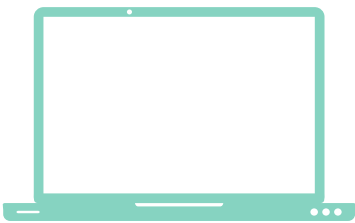
	WELL Office	Wellness HUB
<i>Who We Serve</i>	Learners from ISoN, SPOT, SCSD, UGME, PGME	All McGill Students (including learners from ISoN, SPOT, SCSD, UGME, PGME)
<i>Services and Resources</i>	Counselling, academic and clinical learning environment guidance, support groups, Wellness Curriculum sessions, and inter-professional learner activities and committees	Medical appointments (Nurse, Doctor, Psychiatrist, Nutritionist), Counselling and workshops + other health promotion services
<i>Website</i>	<u>WELL Office website</u>	<u>Wellness HUB website</u>
<i>Booking Method</i>	<u>Online booking</u> (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	<u>Online booking</u> for workshops, access advisors and local wellness advisors. CALL to book with all other HUB clinicians: 514-398-6017



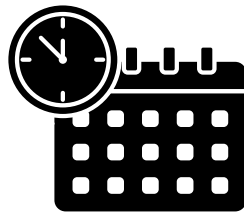
EXAM RESOURCES

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

Click on any title or picture below



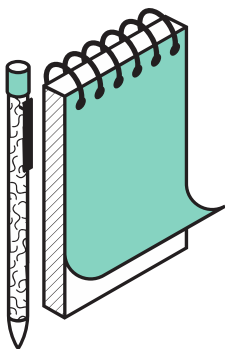
**Thriving with
Online
Learning**



**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

OFFICE FOR RESPECTFUL ENVIRONMENTS



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.

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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

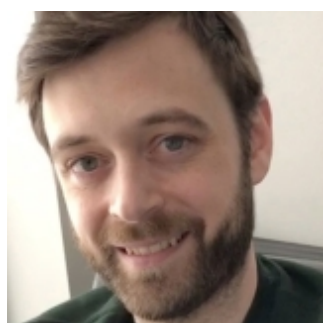
THE FACULTY OF MEDICINE AND HEALTH SCIENCES WELL OFFICE TEAM FOR ISoN, SCSD, SPOT



Prof. Deborah Friedman
Assistant Dean, Student Affairs



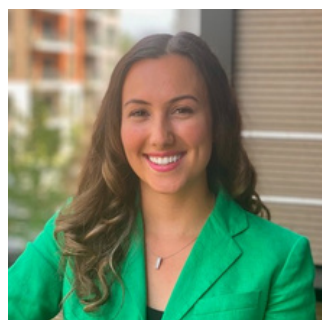
Kathryn Wiens
Operations Manager



Gib Primeau
Project Administrator



Susan Begg
Administrative Coordinator



Alissa Vincenti
Wellness Consultant



Mélina Kanaan
Wellness Consultant



Nicole-Ann Shery
Wellness Consultant