

Welcome to the new monthly newsletter for YOUR Center for Holistic Student Success!

Cognizance exists to bring you insights, news, and resources to optimize your time at Emory School of Medicine. We will always place a holistic lens to your overall success and herein are ways for you to engage and access support.

Emory School of Medicine (SOM) Center for Holistic Student Success GRAND OPENING on July 17, 2023

The SOM Center for Holistic Student Success (CHSS) is here to support your journey at the School of Medicine. CHSS aspires to improve students' balance and overall success through programs, events, and services.

What does that mean?

It means we offer a space both physically and virtually where you can explore:

- study strategies
- prepare for board exams
- improve work/life balance
- address testing challenges
- seek counsel on accommodations
- request tutors

Also, in partnership with student groups as well as the Woodruff Health Sciences Center and SOM, the CHSS focuses on student wellbeing through:

- improving access to healthy food
- creating opportunities for healthy coping strategies, like
 - yoga
 - meditation
 - therapy dogs
- identifying areas of need in the SOM building
- helping students in need around
 - food insecurity
 - mental health challenges
 - life events while in school

Where are we?

CHSS is located in Suite 305 in the James B. Williams Medical Education Building, 100 Woodruff Circle. Come visit and enjoy our relaxing and inviting space.

How do I access the CHSS?

- Meet with Dr. Hairston (scheduled via [Calendly](#))
- [Request a Tutor](#)
- Attend Student Success Panels and Workshops (advertised via MD and Academic Health Listservs)
- Engage in wellbeing events (advertised via MD and Academic Health Listservs as well as on TVs throughout the SOM)
- [Student mistreatment support](#)
- Come visit, SOM Suite 305

SOM Tutoring Program

Interprofessional, expanded, and here to support students across academic programs

Are you facing academic challenges? Would you benefit from peer tutoring?

Emory School of Medicine has a NEW expanded tutoring program available during your educational journey. We recently welcomed over forty new tutors to the lineup to increase access to tutor services.



You can request a tutoring session using the 5 easy steps below.

- **STEP 1:** Let us know you are interested by completing the [tutor request form](#). Please note, upon reviewing your request for tutoring, Dr. Hairston may also ask that you meet with her to better understand the challenges you are facing.
- **STEP 2:** Based on your request, CHSS will match you to a tutor via email.
- **STEP 3:** Connect with your tutor to schedule a 1-hour session.
- **STEP 4:** Show up for your tutor session prepared. Ask questions, identify gaps in knowledge, and learn from a different perspective.
- **STEP 5:** [Provide feedback](#) on your experience so we can continuously improve.

August Rewind



We welcomed several new events to the SOM this month:

- Aug. 1 - Yoga in CHSS
- Aug. 9 - Welcomed the Happy Tails Therapy Dogs
- Aug. 16 - Presented to the new Physician Assistant students
- Aug. 17 - Welcomed and trained our 47 new Emory SOM Tutors from the PA, MD, and AA programs
- Aug. 18 - Presented to the new Genetic Counseling students
- Aug. 2, 9, 16, and 23 - Hosted the Eat Right Atlanta Farmers Market to share their incredible fresh, local fruits and veggies in the front of the SOM. Sharing this public market with our Rollins School of Public Health, School of Nursing, and Emory Healthcare colleagues, the market has become an opportunity to connect and build community within the Woodruff Health Sciences Center.
- Aug. 23 - M1 workshop, "The Trial and Error of Finding your Study Strategy"
- Aug. 30 - M2 workshop, "Choosing and Budgeting for Step 1 Resources"

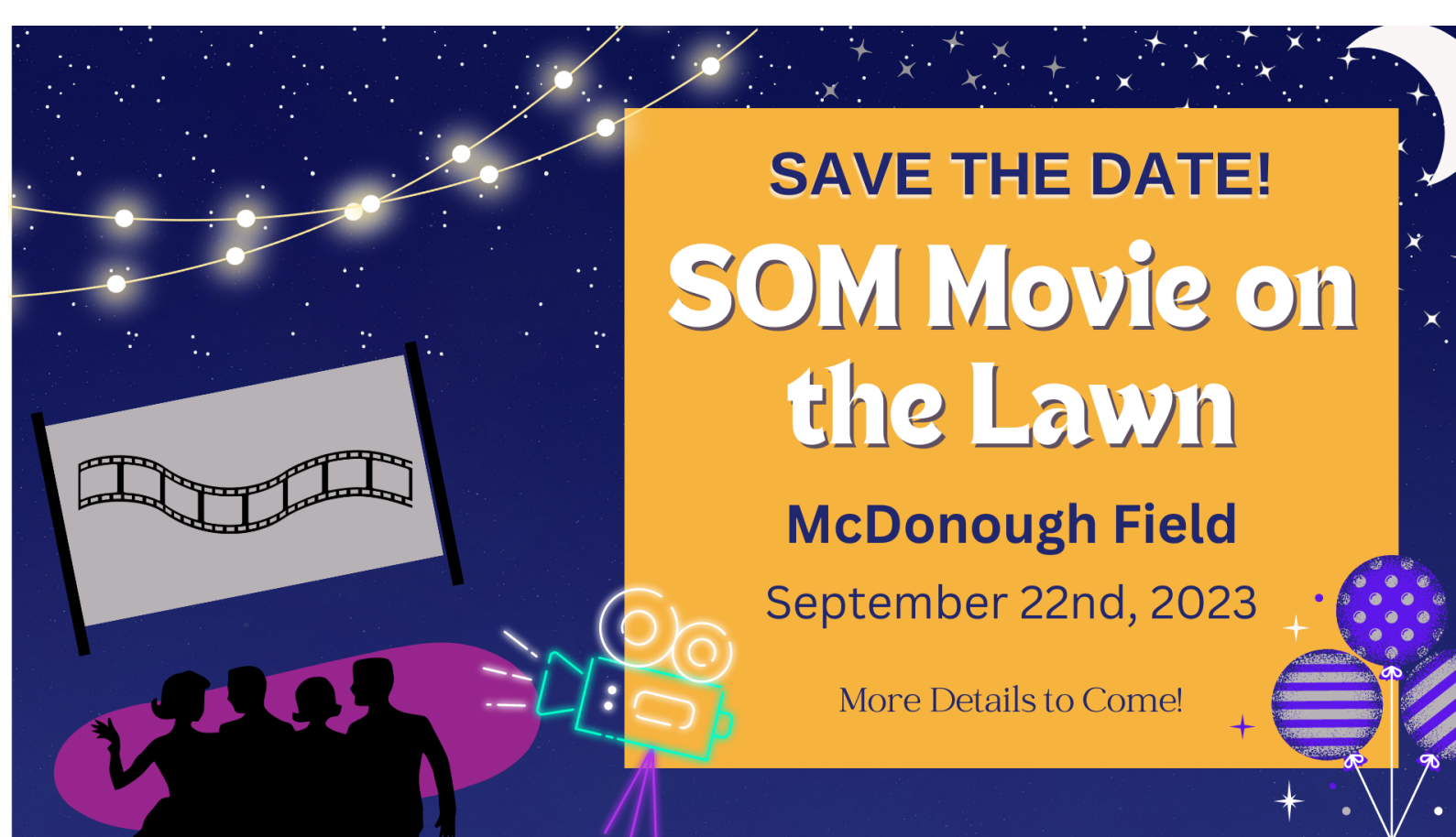
CHSS plans to bring more opportunities throughout the year to advance our three primary goals over the next three years:

1. Improve access to academic support
2. Improve access to mental health resources
3. Improve trust and sense of belonging for all SOM students

Upcoming CHSS Events



- Sept. 5
 - **Guided Meditation**, SOM P-190, with Dr. J. William Eley, Executive Associate Dean, SOM, Noon
 - The first of our monthly meditation series. Dr. Eley will be offering cognitively based compassion training (CBCT) guided meditations on the first Tuesday of each month.
 - **Yoga**, CHSS (SOM 305), with Jillian Balsler (M2), 5 - 6 p.m.
- Sept. 6
 - **Study Break with Dr. Shujing Zhang**, SOM Embedded Psychologist, SOM Lobby, Noon - 1 p.m.
 - Dr. Zhang will provide small bites and beverages in a relaxed and fun atmosphere to connect, meet, and learn more about CAPS.
 - **Eat Right Atlanta Farmers Market**, in front of the SOM, 11 a.m. - 3 p.m.
 - The farmers market is scheduled each Wednesday of the month and includes healthy, fresh food options for all budgets.
- Sept. 18 - Nov. 7
 - **New CBCT Meditation course** for SOM students led by Ellen Coggeshall, MD and Ludvine Brunissen (M4)
 - Mondays & Tuesdays, 5:15 - 6:30 p.m.
 - Click to register: <https://tinyurl.com/F2023-CBCT-SOM-Student>
- Upcoming Workshops (Dates TBD)
 - **"What's the Big Deal About Anki!"** with Emma Kate Constanza (M2) and Jenny Nguyen (M3) - **all SOM Programs welcome!**
 - **Preparing for Step Workshop:** Deconstructing Step-like questions and improving your strategy, speed, and efficiency. Led by Lead Tutor, Klevi Gollosi (M4). Workshop is open to both Step 1 and Step 2 test takers.



Emergency Notifications

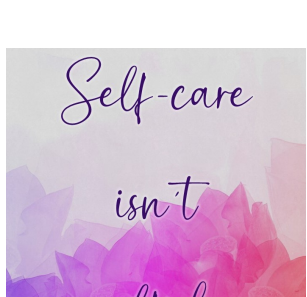


Emory has launched a new Emory Safe app, which will replace the existing LiveSafe app this month. Download the new app for updated features including campus emergency guides, instant safety notifications, and more.

It is available in the [App Store](#) and on [Google Play](#).

Also, if you provide care for patients at Grady, [sign up for the Grady Emergency Text Message system](#).

Self-Care Tips



As health care professionals, we often need to be reminded that our self care must be prioritized. As author Eleanor Brown posited, "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." Find ways now to give yourself grace in times of challenge and fill your cup, each and every day.

Need ideas? See below.

- Emory self-care resources
 - [Emory's Take a Break Campaign](#)
- Move your body
 - Check out the [student wellness committee offers](#) for free exercise classes and bring a friend!
 - [Visit Emory Recreation and Wellness facilities](#)
 - [Join Emory Club Sports](#)
 - Throw your own dance party
 - Take a walk in [Lullwater Park](#), or discover the myriad of [walking trails](#) and [parks](#) in metro Atlanta
- Re-center yourself through breathing exercises and/or guided meditation
 - [Calm](#)
 - [Headspace](#)
 - [The Compassion Shift](#)
 - [YouTube Guided Meditation](#)
 - [YouTube Breathing Exercises](#)
 - [Emory's Cognitively-Based Compassion Training](#)
- Laugh
 - [Top Comedy Clubs in ATL](#)
- Enjoy Atlanta on a student's budget to Do
 - [13 Completely Free Things to Do in Atlanta](#)
 - [Discover fun, free & cheap things to do in Atlanta](#)
 - [20 free things to do in metro Atlanta](#)
- Nourish your mind with fun reading.
 - [Books that everyone should read at least once](#)
- Relax
 - [Float Atlanta](#): 1 hour of sensory deprivation floating equals four hours of sleep for your body
 - Take a bubble bath
 - Sleep-in, when possible
 - Unplug from social media
 - Apply a face mask
 - Turn off your phone for at least an hour each day
 - Do a jigsaw puzzle
 - Get your nails / hair done

Meet the Team!



Christen C. Hairston, Ph.D.

CHSS is led by Dr. Christen Hairston, Associate Dean of Student Success. She received her Ph.D. in Higher Education Policy, Planning, and Leadership from the College of William & Mary. Dr. Hairston also holds a Master's degree in Counselor Education in Student Affairs from Clemson University. She earned her Bachelor's degree in History and German at Furman University. In recent years, she has also completed a Certificate of Diversity and Inclusion from Cornell University in 2022 and her Certificate in Clinical and Translational Research from Clemson University in 2023. She has been in medical education and health care for 10 years and higher education/education policy for 22 years. Dr. Hairston is a wife and mom of three children.

Dr. Hairston is here to support students on this challenging journey primarily through academic support, access to resources that improve well-being, and activities that build our community as a whole.

Emily B. Generally, MSM

Emily supports the vision of CHSS as its Senior Program Coordinator. She received her Master's degree in Management from Lander University and holds a Bachelor's degree in English Literature and Communication Studies from Clemson University. Emily is a wife and a mom of two children and three fur babies.

Emily's role is to operationalize programming and student success initiatives for CHSS. She also serves as the program coordinator for the Emory Development of Careers and Specialty Choice (DOCS) program under the leadership of Dr. Mary Dolan.

Connect with Emily to share any feedback, ideas for future programming, or ways in which Emory SOM can better support student success.



Resources

- [Step 1 Guide](#)
- [Step 2 CK Guide](#)
- [Six Strategies for Effective Learning](#)
- [EmoryDOCS Shared Files](#)
- [Lactation Resources](#)
- [Mental Health Access Flyer](#)
- [Aetna Mental Health Care Providers](#)
- [Find a EUSHP Network Provider](#)
- Schedule an Appointment with:
 - [Dr. Hairston](#)
 - [Emily Generally](#)