Curricular and Co-Curricular Initiatives to Improve Student Wellness

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Session overview

General objectives

• Identify various facets of the learning environment that facilitate student wellness

• Discuss individual- and system-level interventions for improving student wellness

Key Definitions

• Wellness / wellbeing

• Organizational culture

• Organizational environment

• Curricular vs. co-curricular (and other) opportunities

• Hidden curriculum
Influences on medical student wellbeing

- Mental health, diversity, balance (Noori et al., 2017)
- Academic/non-academic solutions, work-life balance, health maintenance (Cohen et al., 2013)
- Competence, autonomy, and relatedness (Deci & Ryan, 2008)
Environmental structures and supports

Curricular
Course scheduling
Test scheduling
Instructional delivery
Assessment strategies
Electives

Extra-curricular
Intramural sports
Exercise, meditation, massage
Music ensembles, theater
Family support groups
Social gatherings
Volunteerism

Student support
Hours of operation
Physical space
Academic resources
Counseling resources
Diversity Series
Let’s Talk Series

Co-curricular
Orientation / ceremonies
Diversity Series
Medical mission trips
Research experiences
References


Cohen et al. *Factors that impact on medical student wellbeing - perspectives of risks*. Cardiff, Wales: Cardiff University, Centre For Psychosocial & Disability Research; June 2013.


