



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



Co-curricular

- Orientation / ceremonies
- Diversity Series
- Medical mission trips
- Research experiences

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













References

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