

## RECOMMENDED APPROACHES FOR STUDENT WELL-BEING: A RESPONSE TO THE COVID-19 PANDEMIC

The COSA Working Group on Wellbeing has developed the following approaches for **administrators, faculty, staff, and students** that medical schools may implement during this unprecedented time. Once the pandemic subsides, psychosocial debriefing (formal or informal space to be able to talk about the emotional impact of the pandemic) will be necessary.

ADMINISTRATION (DEANS AND CHAIRS)	
EDUCATION	<ul style="list-style-type: none"> <li>Consider guidelines for 1:1 student check-ins from the COVID Statement on Mental Health from the AAMC COSA Working Group on Wellbeing.</li> <li>Send emails from administration to student body on a regular basis, even if no new updates (<i>recommended frequency: daily or weekly</i>).</li> <li>Send emails from dean centered on “vision” and leadership re: COVID (<i>recommended frequency: weekly</i>).</li> <li>Attend AAMC virtual discussions regarding COVID-19 impacts on medical school curriculum and career advising in order to be able to address the concerns of students related to these areas.</li> <li>Host virtual town halls by administration (i.e., by student affairs and/or curriculum deans) deans are perceived as supportive and ease anxiety; all deans present, and students are interactive; students can ask questions before and during (anonymously if desired); report out provided to students after (<i>recommended frequency: weekly</i>).</li> <li>Host virtual town hall meetings with faculty and staff so they are updated on initiatives of the medical school and remain connected (need to make sure the faculty and staff remain well to support the students!) (<i>recommended frequency: weekly or biweekly</i>).</li> </ul>
RESOURCES	<ul style="list-style-type: none"> <li>Develop centralized COVID-19 online information site for institution to remain updated.</li> <li>Develop website that students can refer loved ones to for institutional updates.</li> <li>Identify resources for those that are food insecure due to COVID and/or are currently in quarantine due to being ill.</li> <li>Develop a plan with Student Affairs on how to handle student crises related to COVID-19 (emergency contacts, communication tree, crisis program referral lists).</li> </ul>
SERVICES	<ul style="list-style-type: none"> <li>Provide list of ways students, faculty, and staff can make a difference and be involved with medical efforts around COVID-19, even while staying at home (supporting residents, etc.).</li> <li>Provide administrative support to streamline communications between students, faculty, and staff.</li> <li>Engage student leaders in organizing student-led activities to convey a sense of unity.</li> <li>Engage, recruit, and train faculty and staff to participate in regularly scheduled student check-in calls.</li> </ul>

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FACULTY AND STAFF	
EDUCATION	<ul style="list-style-type: none"> <li>• Follow guidelines for aggressive student check-ins from the Statement from AAMC COSA Working Group on Wellbeing.</li> <li>• Check the school's centralized COVID-19 online information site to remain up to date on current situation.</li> <li>• Educate each other by identifying resources and arranging virtual discussion groups.</li> <li>• Attend virtual town hall meetings offered by the school leadership.</li> </ul>
RESOURCES	<ul style="list-style-type: none"> <li>• Provide list of free or low-cost outside virtual wellness resources such as:               <ul style="list-style-type: none"> <li>➢ online yoga classes</li> <li>➢ online workouts</li> <li>➢ meditation apps</li> <li>➢ virtual museum activities</li> <li>➢ virtual outdoor activities (eg., national parks)</li> <li>➢ educational resources</li> <li>➢ podcasts</li> </ul> </li> </ul>
SERVICES	<ul style="list-style-type: none"> <li>• Conduct virtual meditation and/or self-compassion drop-in sessions run by qualified individuals such as certified meditation instructors or faculty with significant meditation experience (<i>recommended frequency: weekly</i>).</li> <li>• Conduct virtual support/therapy groups run by qualified individuals such as psychologists or faculty trained in supporting students (<i>recommended frequency: weekly</i>).</li> <li>• Send regular emails from wellness office sent to student body (<i>recommended frequency: weekly</i>).</li> <li>• Personal virtual check-ins by qualified individuals such as student affairs staff or faculty mentors for all students in self-isolation or quarantine due to potential exposure (<i>recommended frequency: weekly or biweekly</i>).</li> <li>• Host virtual social events, game nights, student dinners, etc. Some events should be for the entire student body, others separated by class. Clear communication about what is going on within each class to other classes (<i>recommended frequency: weekly</i>).</li> <li>• Virtual group study sessions to help students with organization and motivation (consider including specific sessions just for Step 1 students), organized by students or led by faculty. Study methods such as Pomodoro can be considered (<i>recommended frequency: weekly</i>).</li> </ul>

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<b>STUDENTS</b>	
EDUCATION	<ul style="list-style-type: none"> <li>• Read all e-mail sent by the school.</li> <li>• Check the school’s centralized COVID-19 online information site to remain up to date on current situation (<i>recommended frequency: daily</i>).</li> <li>• Educate each other by identifying resources and arranging virtual discussion groups (<i>recommended frequency: weekly</i>).</li> </ul>
RESOURCES	<ul style="list-style-type: none"> <li>• Create an online site with community volunteer opportunities.</li> <li>• Create an online site with student-led school-specific initiatives.</li> <li>• Post available student resources provided by the school to student-run social media sites.</li> </ul>
SERVICES	<ul style="list-style-type: none"> <li>• Student council (class presidents/representatives) should participate in regular meetings with administration to “communicate the temperature” of each class and what their needs are.</li> <li>• Organize virtual social events, game nights, student dinners, etc. Some events should be for the entire student body, others separated by class. Clear communication about what is going on within each class to other classes (<i>recommended frequency: weekly</i>).</li> <li>• Organize virtual group peer study sessions to help other students with organization, motivation, and to stay connected. (<i>recommended frequency: weekly</i>). Lead, organize, and participate in student volunteer initiatives</li> <li>• Create a peer support network with weekly check-in (can do individually, in small groups, or have open weekly virtual meetings for any student to join. Recommend having a faculty member overseeing the process to ensure students know who to turn to when a concern regarding a peer arises (<i>recommended frequency: weekly or biweekly</i>).</li> </ul>