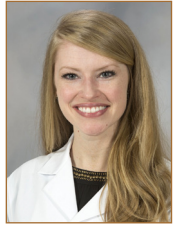




## Well-being

By Dr. Lyssa Weatherly



Weatherly

Well-being initiatives have been a challenge in the past 18 months with the gathering restrictions from COVID-19 and the intention to keep everyone safe and healthy. However, this has created a huge gap in the traditional community feel that is often fostered within the medical school classes. This is manifested in various ways, from second-year students still introducing themselves to classmates they haven't personally met in the past year to clinical students navigating the world of patient care within a context of pandemic stress and anxiety as we have never known.

"Wellness" in medical school can take many forms, from student advising to understanding mental health to creating programming and learning environment initiatives that allow students to thrive academically, emotionally, and socially. In the Office of Student Affairs, we hope to create opportunities for students to foster personal and professional growth throughout their journey in undergraduate medical education while encouraging self-care, resiliency, and the pursuit of their individual passions. Socially, we want to create opportunities to promote a sense of belonging within the SOM community of learners.

Medical school is as mentally and emotionally challenging as it is academically. We have a system in place for students to get the mental health resources they need, whether on campus through the Student Counseling and Wellness Center or through partnerships in the community via the

Humana Employee Assistance Program. Students also have programs that foster peer support, and our office is always available to help navigate challenges as they arise.

Academically, we have a process to connect students with tutoring services and academic consulting available through the institutional Office of Academic Support. Additionally, at the School of Medicine, students have another resource available in our SOM Academic Advisor, N. Dakota Bibbs.

I'm delighted to announce that we have a new Well-being Initiative Campaign, which is being coordinated through two of our M2 student leaders, Reagan Moak and Erin Sears. They have a series of learning sessions planned for the student body focused on providing education, fostering peer support, and finding balance as a medical student. Earlier this academic year, they hosted a learning session and reflection time about suicide prevention, awareness, and burnout. There are other topics planned such as addiction and substance abuse, safety and violence prevention, and advocacy training. Additionally, they are working on events to get students out of the classroom to strengthen connections socially to foster a sense of community within and between classes.

Socially, we are delighted that some of the campus wide student events are back, such as intramurals. We are also hoping to have some upcoming outside fall events for pre-clinical and clinical students, as well as more options for safe social gatherings for food, fun, and fellowship.

## Clinical Vignette Writing Circle

The Clinical Vignette Writing Circle will meet on the third Thursday of December, 1:30 -3:30 p.m., in room 323 of the SOM Medical Education Building. These workshops allow basic science and clinical faculty to collaborate in writing test items similar to those utilized on national licensure examinations. You may email Dr. Lecretia A. Buckley items ahead of the session or bring draft items to the sessions, although doing so is not a requirement. The sessions will continue until June 23, 2022, and continuing education credit may be obtained.

Here is a flawed item. What's the flaw? How would you edit the item for an exam question? Let's discuss it in the next Clinical Vignette Writing Circle.

### Item Writing Tip

Avoid using negatively structured stems (e.g., "Each of the following EXCEPT"). Rather, use a lead-in with a positive structure.

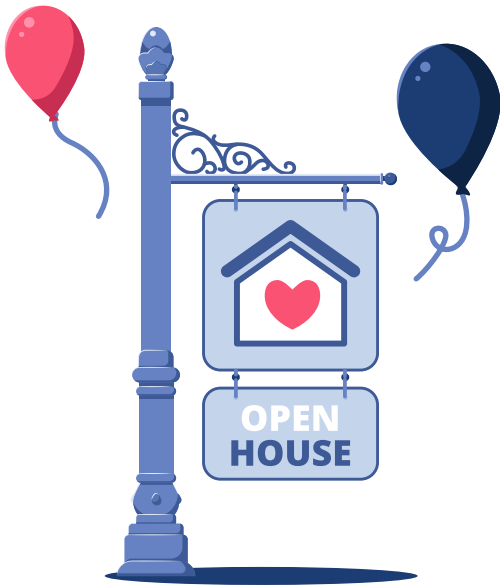
A 38-year-old woman is started on citalopram for treatment of major depressive disorder. One week later she reports a sensation that the world is not real. This medication side effect is called:

- A. Depersonalization
- B. Derailment
- C. Derealization
- D. Focal memory deficit
- E. Signal anxiety



## School of Medicine Mission Statement

The University of Mississippi School of Medicine is committed to training skilled and compassionate physicians to provide high quality and equitable health care particularly to the state's residents, including diverse and underserved populations. The school prepares learners to provide excellent care through programs of innovative education, state-of-the-art research and comprehensive clinical practice.



## SOM Open House

By Dr. Dan Coleman



Coleman

The SOM is committed to holistic admissions and to assisting students in this application process. The SOM employs a holistic admissions review that affords each applicant balanced consideration of life experiences, personal attributes, and academic metrics to select not only those who can succeed but those who can contribute to the diversity of a medical school class that can serve as a driver of educational excellence. Given the restrictions associated with the pandemic, this year the Office of Admissions is hosting a virtual open house on Monday, November 22 at 6:00 pm to provide students with a pathway to medical school. Please contact the Office of Admissions at [AdmitMD@umc.edu](mailto:AdmitMD@umc.edu) if you have any questions.

## Canvas Notifications: Tool for Academic Wellness

By Elizabeth Jacobs



Jacobs

Course management often plays a role in academic wellness. However, user needs for course management are unique and change often. Canvas recognized this when designing the notification functionality. Canvas notifications have always played an important part in course management. Both instructors and students have found value in the various types of notifications offered, as well as

the frequency options for receiving them. Having control of notification preferences and being able to adjust those at any time has also been advantageous for Canvas users. A recent Canvas release adds more flexibility for user notifications.

Previously, a user's notification settings were applied to every course. Now, users may select to turn off notifications for specific courses. When turned off at a course level, the user no longer receives any notifications originating from that course. As with all notification settings, users have the option to edit this at any time.

Users may adjust this setting in individual courses using the View Course Notifications button, located on the right side of the course Home page. To apply changes in multiple courses, this option is also available on the user's notification settings page. Users may access the Account tab by clicking the profile picture (1). Next, click Notifications (2) and select a course from the dropdown list (3). The setting defaults to enabled. To disable, click the toggle (4).

**NOTE:** It is important to review the notifications typically received from each course to ensure valuable information will not be missed by disabling the notifications for that course!

