

# MEDICAL STUDENT WELLNESS & RESILIENCE

## *Wellness Schedule for AY 17-18*

### Fall and Spring Events

Date	Time	Location	Event
8/14/2017	9:00am	420 CMW	<b><u>OCA and OSA Wellness &amp; Resilience</u></b> <b><u>M1 Nutrition Session</u></b> <i>SWRC Welcome</i>
8/21/2017	3:25-4:10pm	227 CMW	<b><u>OCA and OSA Wellness &amp; Resilience</u></b> <b><u>Tips for the M2 year</u></b> <i>Medical Student Panel</i>
8/30/2017	12:00-12:50pm	227 CMW	<b><u>Tips to a Successful Academic Year</u></b> <i>Martha Halsey, PhD, Director of Student Enrichment</i> <i>Medical Student Panel</i>
9/20/2017	12:00-12:50pm	227 CMW	<b><u>Time Management and Preparation for Exams</u></b> <i>Jon Mann, M.A., Academic Counselor &amp; Instructor at the UIC Academic Center for Excellence</i> <i>Medical Student Panel</i>
10/11/2017	12:00-12:50pm	227 CMW	<b><u>Sleep &amp; Mental Health Hygiene</u></b> <i>Julie A. Carbray PhD, FPMHNP-BC, PMHCNS-BC, APN, Clinical Professor, Department of Psychiatry</i> <i>Medical Student Panel</i>

Date	Time	Location	Event
2/14/2018	5:30-7:30pm	106 CMW	<b><u>Communication, Compassion and Caring for You, Your loved one and you Patients</u></b> <i>Dr. Michael Greenberg and Lilli Frances, Comedy City</i>
2/21/2018	12:00-12:50pm	227 CMW	<b><u>Coping Constructively with Stress</u></b> <i>UIC Counseling Center Staff</i> <i>Medical Student Panel</i>
3/21/2018	12:00-12:50pm	227 CMW	<b><u>Understanding Personality Differences as it Relates to Professional and Patient Interactions</u></b> <i>UIC Counseling Center Staff</i> <i>Medical Student Panel</i>
4/11/2018	12:00-12:50pm	449 CMW	<b><u>Understanding Domestic and Intimate Partner Violence to help as a physician</u></b> <i>UIC Counseling Center Staff</i>
4/11/2018	9:00am	420 CMW	<b><u>M2 Final Exams Study Break: Breakfast</u></b> <i>Office of Student Affairs</i>
4/11/2018	11:00am-1:00pm	424 CMW	<b><u>M2 Final Exams Study Break: Massages</u></b> <i>Office of Student Affairs</i>
6/11/2018	9:00am	420 CMW	<b><u>M1 Final Exam Study Breaks: Breakfast</u></b> <i>Office of Student Affairs</i>
6/11/2018	11:00 – 1:00pm	424 CMW	<b><u>M1 Final Exams Study Break: Massages</u></b> <i>Office of Student Affairs</i>

