Student Wellness in UME: One Size Does Not Fit All

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Faculty Coaches

- Faculty with specific training on how to coach students for success.
- Wellness is incorporated into coaches' responsibilities.
- Students complete a wellness plan in their first few weeks in school.
Pass/Fail

- Part 1 (first 18 months) of our curriculum moved to pass/fail in 2017.
- Goal was to reduce stress and anxiety at the start.
- It has been so effective that students and faculty are considering other components of evaluation and assessment.
Lead Serve Inspire Curriculum

- Limit number of required in class sessions.
- Limit amount of new content per week.
- Provide flexible options to receive content.
- Built in formative assessment to help gauge progress.
Onsite Resources

• Personal and Academic Counselling
• Medicine & the Arts
• Student Lounge
• Student Wellness Room
• Student Recreation Room
• Dedicated Student Study Space