

# Student Wellness in UME: One Size Does Not Fit All



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# Faculty Coaches

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



# Pass/Fail

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- 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

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- 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

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