

## 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.

<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>

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### **References**

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