

Dear AMSA Facilitators,

Welcome to the Be Well Workshop. The purpose of Be Well is to serve as a primer on the topic of student wellness. This workshop will expose students to the topics of purpose, time-management/balance, calendaring, and study method. You will find this workshop straight forward and easy to present. Materials included consist of:

1. Be Well Movie

Requires:

- Quicktime (available as a free download from: www.apple.com/quicktime)
- An audio source
- A Digital Projector

2. Beak-out Activity Worksheet (optional, students may use a sheet of notebook paper)

Format:

- a. Student Introduction
- b. Movie
 - Break-out activity (pause movie at 2min 40sec and at 3min 15sec)
- c. Optional Discussion Session
 - Suggested topics include:
 - Pressures and coping mechanisms students currently face and use
 - Obstacles students expect to face in medical school
 - Personal study techniques
 - Personal calendaring methods

Approximate workshop time: 20 minutes (+ 5 -10 with discussion session)

Thank you for your interest and participation. If you have any question or would like to provide feedback please do so at: humed.premed@amsa.org.

Kind regards,

Tim Barnard
2009 National HuMed Premedical Coordinator