



THE OFFICE OF LEARNER WELL-BEING & SUCCESS

Dear Learners,

The staff and faculty of the Office of Learner Well-Being and Success (LWS) are excited to support you throughout your undergraduate and postgraduate medical education. Our office is committed to building a sense of community and facilitating opportunities for you to reach your full academic and personal potential, at the intersection of individual growth and social responsibility.

Our aim is to nurture an inclusive and diverse culture during your Memorial experience and to foster your development as physicians and leaders. Right now is a defining moment for our community. During the COVID-19 pandemic we are all called to reimagine the future, to create and collaborate on new opportunities and to develop the critical skills needed during these changing times. At the Office of Learner Well-Being and Success you will find a team that celebrates distinctive voices and welcomes conversations that allow you to share your interests, passions and perspectives. Some of the most enriching experiences you will have during your medical education will derive from the diversity of the educational community and from your involvement in activities, groups and events. Engagement will allow you to discover new ways of thinking about your career and life, and will challenge you to become a better citizen and leader. We encourage you to become involved in our Mentorship Program, and to take a look at the interest groups available to you, and check out upcoming events organized by our office.

At Learner Well-Being and Success, we value connection, communication and reflection. We would like to know if you have any questions or concerns about your journey at Memorial. We would also like to know about what works well in our medical school - which programs, faculty and staff enable you to thrive, and where you think we might have room for improvement.

The practice of medicine may indeed be challenging and stressful at times, as we are called to provide service above self. However, relieving stress is not the same as flourishing. At LWS, we want to help you thrive, not just survive, during your medical education. We want to give you the tools to shape a meaningful professional and personal life. Development of your EQ is as important as your IQ. We would like to help you grow in multiple dimensions, valuing empathy, kindness, creativity, grit and resiliency.

Make the most of your time at our Faculty of Medicine by connecting with us and utilizing our support services at the Office of Learner Well-Being and Success. Whether you need some advice, help with a more serious issue or just want to chat - we have the resources for you.

Contact us any time, at lws@mun.ca We look forward to hearing from you.