

Health and Wellness Curriculum Years I-IV

<http://studentaffairs.med.wayne.edu/counseling.php>



Physical:

- School of Medicine Fitness Center – 24 hours access
<http://studentaffairs.med.wayne.edu/fitness.php>
- Wayne State University – Mort Harris Recreation and Fitness Center
<http://rfc.wayne.edu/building-hours.php>
- Smoking Cessation Program -
<http://www.becomeanex.org/>
- Intramural and Club Sports
<http://rfc.wayne.edu/recreationprograms.php>
- Free On-Line Wellness Pre-Assessment
<http://www.ulifeline.org/wayne/> completed annually to assess student health
- Tour de Detroit
- Student Run Free Clinic 5K run
- March of Dimes
- 1 Free Annual Health Visit through Campus Health
- Seminars

Co-Curricular Activities:

HuMed – lectures and shadowing practitioners in art and music
Music in Medicine
Food Medicine
ReDetroit

Academic:

- Academic Counselor -
http://studentaffairs.med.wayne.edu/academic_support.php
 - Tutoring
 - Academic Success Seminars
 - Academic skills development
 - USMLE preparation
 - USMLE Prep Information -
<http://asp.med.wayne.edu/USMLE-examination-requirements.php> and
https://blackboard.wayne.edu/webapp/s/portal/frameset.jsp?tab_id=41_1&url=%2Fwebapps%2Fblackboard%2Fexecute%2Flauncher%3Ftype%3DCourse%26id%3D_960313_1%26url%3D
- Student Disability Services –
<http://studentdisability.wayne.edu/>
 - Accommodations
- Year 3 and 4 Faculty Advising
<http://studentaffairs.med.wayne.edu/faculty-advisor-login.php>
- The Mod Squad for modified students
- Seminars

Social:

- Student Organizations - <http://studentaffairs.med.wayne.edu/stuorgs-list.php>
- Student Senate - <http://www.wsusomsenate.com/>
- Cultural Awareness and Diversity- <http://diversity.med.wayne.edu/>
- Seminars

Psychological:

- Counseling Services via Office of Student Affairs -
<http://studentaffairs.med.wayne.edu/counseling.php>
- CAPS, Wayne State University –
<http://www.caps.wayne.edu/> 313-577-2222 – FREE Mental Health Services for any Wayne State University Student
- Peer Mentoring through the Student Team Enabling Peers Program (STEP)
<http://studentaffairs.med.wayne.edu/stuorgs-list.php>
- Year 1 and 2 Mentoring Program
<http://studentaffairs.med.wayne.edu/mentor.php>
- Quarterly Pecha Kucha 20/20 presentations
- Free Suicide and Depression Screen -
<http://www.ulifeline.org/wayne/>
- 24 hour Student Mistreatment access
<http://studentaffairs.med.wayne.edu/form-mistreatment.php>
- Student Health Monitoring Program – Referral through the Office of Student Affairs
- Seminars

Community:

- Co-Curricular Program -
<http://asp.med.wayne.edu/cocurricular-overview.php>
- Arts in the Atrium
- Community Outreach
- International Electives/Mission Trips -
<http://studentaffairs.med.wayne.edu/international.php>
- Seminars

WAYNE STATE
UNIVERSITY
SCHOOL OF MEDICINE