Promoting Resilient and Empathic Physicians (PREP) – OE 946

Brief description (200 words or less of course details):

Goals:
- Broaden reflection skills developed during third-year medical education
- Promote student wellness and resilience through skill building
- Retain student empathy

Objectives:
By the end of the course, students will be able to:
- Develop a personal practice that will harmonize with their busy schedules
- Speak from experience when conversing with peers and future patients about the principles of mindfulness and its role in stress-reduction and performance enhancement
- Identify multiple strategies for coping with the stresses of medicine and know which ones work best for them

Semester offered: Fall/Spring (year-long OEE)

Registration information:
If you are interested in participating in this class, contact the student leaders for more information and to register.

Requirements for credit:
Attendance and active participation required at all sessions, as well as completion of feedback questionnaires and final reflections on their experiences in the class and in third year.

Contact information (student and faculty leaders):
Leah Shesler; Raghu Appasani; Meghan Reynolds; Amarilys Rojas

Offered in this academic year: YES