

# Total Wellness Program



## Academic Support

Academic support services are available to all medical students through the Office of Student Affairs and through the individual campuses to help students understand their strengths and improve skills for academic success. Faculty and campus deans are available for academic assistance for individual courses and clerkships. The Office of Student Affairs offers presentations, workshops, and resources to help students develop optimal time management, study, and test preparation skills.

### Strategies for Success

Active Reading Strategies  
Advice from Former Year 1 Students  
Concept Mapping  
Critical Thinking  
Effective Learning Techniques  
Five Day Study Plan  
Learning Styles

Managing Test Anxiety  
MCQ Test Taking Strategies  
Study Group Strategies  
Test Preparation  
Time Management  
USMLE Step 1 Information  
Sample Step 1 Study Plan

### Academic Success Program (ASP)

ASP is a support program implemented by the Office of Education Resources and the Office of Student Affairs designed to provide select students with the skills to succeed in the medical curriculum. Students are placed into the program and mandated to participate in additional learning activities based on their performance on exams in Block 1.

### Harley E. French Library of the Health Sciences

The Health Sciences Library offers access to journals, books, exam banks, research guides, and other resources on-site or online at <http://undmedlibrary.org/>. For a guide designed to help Year 1 Medical Students find resources to help prepare learning objectives, see <https://libguides.und.edu/medical-students>.

### Events

Learn about effective study strategies at events sponsored by the Office of Student Affairs. Check for dates of upcoming events on the Student Affairs and Admissions website: <http://www.med.und.edu/student-affairs-admissions/index.cfm>.

### Schedule an Appointment

For individualized conversations to identify issues impacting learning and develop effective learning and study strategies, set up an appointment with your campus dean or with Dr. LaPierre,

THE OFFICE OF STUDENT AFFAIRS

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Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221.