

# Total Wellness Program



## Personal Wellness

We recognize that medical school can be stressful and demanding, and it's easy to neglect your personal well-being as you manage the many competing commitments of your medical education. But in order to be successful in medical school, you must spend the time and energy needed to take care of yourself. The Office of Student Affairs offers resources, events, and confidential advising to enhance students' physical and mental health and support healthy lifestyles.

## Seven Dimensions of Wellness

UND is committed to a holistic approach to wellness, encouraging students to incorporate all [Seven Dimensions of Wellness](#) into their daily lives—emotional, environmental, intellectual, occupational, physical, social, and spiritual. Find information, tips, and resources at UND and beyond for each dimension at their website.

## UND Health & Wellness Hub

[The Hub](#) has information on a variety of health topics, including general health, mental health, sexual health, nutrition, physical activity, and alcohol, marijuana, and tobacco use. Visit the Health & Wellness Hub in McCannell Hall or click on the link for more information.

## Health-Related Absences

Excused absences are granted on a case-by-case basis. Year 1 and Year 2 should follow the Excused Absences procedure. Year 3 and Year 4 students should contact their campus clerkship director or campus dean.

## National Suicide Prevention Lifeline

If you or someone you know is having thoughts of suicide, dial **1-800-273-8255**. The helpline is answered 24 hours a day and is free and confidential.

## Schedule an Appointment

For confidential conversations and referrals, set up an appointment with Dr. Dorscher, Associate Dean of Student Affairs, or Dr. LaPierre, Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221, [saa@med.und.edu](mailto:saa@med.und.edu).

# Personal Wellness Year 1

## Stay Physically Healthy

UND [Student Health Services](#) (SHS) is a full-service medical clinic providing acute, chronic, and preventive care. Office visits by students for sickness and injury are free; extra charges apply for lab, radiology, pharmacy, and special procedures. To make an appointment, visit the website, call 701-777-2605 or 701-777-4500 or stop by the clinic at McCannel Hall, Room 100. Once you're an established patient, you can access your health information at the [myhealth.UND.edu](#) portal. Sign in with your UND username and password following your clinic visit.

## Pharmacy

All students may use the SHS Pharmacy. You can fill/refill prescriptions from SHS providers or your personal physician by stopping at the pharmacy or by calling 701-777-3965.

## After Hours/Emergency Care

For life-threatening emergencies, call 911. For emergencies after hours, go to the Altru Emergency Room, or after-hours care options, see <http://und.edu/health-wellness/student-health/resources.cfm>.

## Local Health Resources

For a list and map of health and emergency resources in the Grand Forks community, see <http://und.edu/health-wellness/student-health/resources.cfm>.

## Community Violence Intervention Center

A confidential advisor from the [Community Violence Intervention Center](#) (CVIC) maintains office hours on the UND campus to help students who have been victims of sexual violence, such as sexual assault, domestic violence, dating violence, and stalking, and to assist students to secure protective safety measures. Contact information:

- 701-777-6550
- Memorial Union, Room 262
- Office hours Mondays 8 am to 4:30 pm; Wednesdays 1:00 to 5:00 pm; Thursdays 8 am to noon; and Fridays 8 am to noon.

Appointments also can be scheduled outside of the UND office hours, either on-campus or at CVIC's office in downtown Grand Forks. Main office phone: 701-746-0405; Crisis Line (answered 24/7): 701-746-8900 or 866-746-8900.

## Are you in crisis?

You can go to the University Counseling Center (200 McCannel Hall) on a crisis walk-in basis Monday – Friday, 8:00 am to 4:30 pm. Or call during those same hours to schedule an appointment (701-777-2127).

If it is after hours or the weekend, please call FIRSTLINK at 701-777-2127 and press “1” to be connected to the crisis line. Or dial 911 or proceed to the emergency room at Altru Hospital.

## Stay Mentally Healthy

The staff of professionally trained psychologists and counselors at the [UND Counseling Center \(UCC\)](#) offers group, individual, and couples counseling to help students enhance their personal strengths and problem-solving skills. Substance abuse education and assessments, eating disorder screenings, and assistance with referrals are also offered. For more information, call 701-777-2127 or visit the website.

If you're not sure whether the moods or feelings you are experiencing are "normal," the UCC website has online **mental health self-assessments** that can help you clarify what is going on for you. These screenings can be done privately and at your convenience by visiting <http://und.edu/health-wellness/counseling-center/self-help-assessment.cfm>.

**Anonymous mental health screenings** are made available to all first-year medical students as a means of identifying symptoms of depression and anxiety. If you choose to participate, you will answer questions anonymously on-line, and a counselor will evaluate the screening and return the results to you. You can email the counselor anonymously if you have questions or follow up with a UCC staff member.

## Be Active

**The UND Wellness Center** can help you achieve your healthy lifestyle and fitness goals through personal trainers, group exercise classes, a rock wall, the Culinary Corner, and more. A Wellness Center membership is included as part of your student fees while you are enrolled in classes (a summer membership for June and July is \$35 per month). For more information, stop by the front desk, call 701-777-WELL, or visit <http://und.edu/health-wellness/wellness/index.cfm>.

For maps of **walking trails** on campus and around the community, see <http://www1.und.edu/health-wellness/workwell/resources/maps.cfm>.

## Get Enough Sleep

Here are some tips for healthy sleep habits from the UND Health & Wellness Hub:

1. Keep a sleeping routine by going to bed at the same time, including the weekends. By being consistent with your sleep, your brain will rejuvenate faster and better.
2. Make more time for sleeping by getting at least 7-9 hours of sleep.
3. Take short naps, but limit them to 20-30 minutes and take them before 3 pm.
4. Avoid caffeine and alcohol before going to bed because these stimulants can disrupt your sleep cycle.
5. Adjust the lights, wind down, and quiet your mind with a relaxing activity. Try to avoid distracting activities like checking your e-mail, watching TV, or talking on the phone.
6. Don't go to bed hungry or thirsty; your stomach will keep you up longer. Also, don't go to bed on a full stomach, you may have to get up in the middle of the night to use the restroom, only further adding to sleep deprivation. Try such calming snacks as milk, yogurt, oatmeal, or bananas.

## Manage Stress

Your body's physical reactions to stress are natural—they are your body's way of preparing you to handle an emergency or a difficult situation, such as a high-stakes test. But if your body is geared up to react to stress for too long, such as in response to life's daily challenges, it is working overtime, and that build-up of extra energy can make you feel anxious or worried. Think of holding a weight. It doesn't matter how heavy the weight is; what matters is how long you have to hold it. Physical signs of stress you might experience include:

- Back pain
- Constipation or diarrhea
- Fatigue
- Headaches
- High blood pressure
- Insomnia
- Shortness of breath
- Stiff neck or jaw
- Upset stomach
- Weight gain or loss

### **Take Control**

Your goal should not be to remove all stress from your life—this is not possible or practical, especially for medical students. Instead, remember that stress is a natural part of life, recognize the symptoms when you are reacting negatively to stress, and learn techniques for managing stress responses. In other words, you can't always control the things that cause stress in your life, but you can control how you react to stress.

Here are some simple stress management techniques:

- Look at changes and difficult tasks as positive challenges, not as threats
- Exercise on a regular basis
- Eat regular, healthy meals
- Get enough sleep
- Take time for activities that you don't find stressful
- Breathe deeply
  - Lie down on a flat surface.
  - Place a hand on your stomach, just above your navel. Place the other hand on your chest.
  - Breathe in slowly and try to make your stomach rise a little.
  - Hold your breath for one second.
  - Breathe out slowly and let your stomach go back down.
- Relax fully
  - Hold the muscles of your toes and feet tightly for a few seconds, then relax the muscles.

- Next, tighten your calf muscles for a few seconds, then relax.
- Work your way up through the rest of your body, one muscle group at a time.

### Other Resources

**UCC's Stress Lab** offers training in mindful breathing using a biofeedback mechanism and powerful relaxation techniques; no appointment or referral needed. Check here for days and times: <http://www1.und.edu/health-wellness/counseling-center/stress-and-anxiety-workshops.cfm>.

**AMSA** (American Medical Student Association) **Medical Student Well-Being** provides students with resources and coping mechanisms for the prevention and management of stress-related problems.

**TED Talk:** [How to make stress your friend](#). Psychologist Kelly McGonigal urges us to see stress as a natural and *positive* reaction.

### Apps

There are numerous free meditation apps to help you relax, including *Stop, Breathe & Think*, *Mindfulness Meditation*, *Calm*, and *Breathe2Relax*.

### Seek Help

If you are having trouble managing the stress in your life by yourself, make an appointment at the [University Counseling Center](#) (UCC).

### Events

Learn about health and wellness issues at events sponsored by the Office of Student Affairs. Check for dates of upcoming events on the [Student Affairs and Admissions](#) website.

### Advising

For confidential conversations and referrals, set up an appointment with Dr. Dorscher, Associate Dean of Student Affairs, or Dr. LaPierre, Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221, [saa@med.und.edu](mailto:saa@med.und.edu).

## Mind-Body-Medicine Course

This elective course focuses on identifying and understanding the stress and stressors in health professions and helpful ways of dealing with them. MED610 is available to 10 first-year students.

## Personal Wellness Year 2

### Stay Physically Healthy

UND [Student Health Services](#) (SHS) is a full-service medical clinic providing acute, chronic, and preventive care. Office visits by students for sickness and injury are free; extra charges apply for lab, radiology, pharmacy, and special procedures. To make an appointment, visit the website, call 701-777-2605 or 701-777-4500 or stop by the clinic at McCannel Hall, Room 100. Once you're an established patient, you can access your health information at the [myhealth.UND.edu](http://myhealth.UND.edu) portal. Sign in with your UND username and password following your clinic visit.

### Pharmacy

All students may use the SHS Pharmacy. You can fill/refill prescriptions from SHS providers or your personal physician by stopping at the pharmacy or by calling 701-777-3965.

### After Hours/Emergency Care

For life-threatening emergencies, call 911. For emergencies after hours, go to the Altru Emergency Room. For after-hours care options, see <http://und.edu/health-wellness/student-health/resources.cfm>.

### Local Health Resources

For a list and map of health and emergency resources in the Grand Forks community, see <http://und.edu/health-wellness/student-health/resources.cfm>.

### Community Violence Intervention Center

A confidential advisor from the [Community Violence Intervention Center](#) (CVIC) maintains office hours on the UND campus to help students who have been victims of sexual violence, such as sexual assault, domestic violence, dating violence, and stalking, and to assist students to secure protective safety measures. Contact information:

- 701-777-6550
- Memorial Union, Room 262
- Office hours Mondays 8 am to 4:30 pm; Wednesdays 1:00 to 5:00 pm; Thursdays 8 am to noon; and Fridays 8 am to noon.

Appointments also can be scheduled outside of the UND office hours, either on-campus or at CVIC's office in downtown Grand Forks. Main office phone: 701-746-0405; Crisis Line (answered 24/7): 701-746-8900 or 866-746-8900.

## Stay Mentally Healthy

The staff of professionally trained psychologists and counselors at the [UND Counseling Center](#) (UCC) offers group, individual, and couples counseling to help students enhance their personal strengths and problem-solving skills. Substance abuse education and assessments, eating disorder screenings, and assistance with referrals are also offered. For more information, call 701-777-2127 or visit the website.

If you're not sure whether the moods or feelings you are experiencing are "normal," the UCC website has on-line **mental health self-assessments** that can help you clarify what is going on for you. These screenings can be done privately and at your convenience.

## Be Active

The [UND Wellness Center](#) can help you achieve your healthy lifestyle and fitness goals through personal trainers, group exercise classes, a rock wall, the Culinary Corner, and more. A Wellness Center membership is included as part of your student fees while you are enrolled in classes (a summer membership for June and July is \$35 per month). For more information, stop by the front desk, call 701-777-WELL, or visit the website

For maps of **walking trails** on campus and around the community, see <http://www1.und.edu/health-wellness/workwell/resources/maps.cfm>.

## Get Enough Sleep

Here are some tips for healthy sleep habits from the UND Health & Wellness Hub:

1. Keep a sleeping routine by going to bed at the same time, including the weekends. By being consistent with your sleep, your brain will rejuvenate faster and better.
2. Make more time for sleeping by getting at least 7-9 hours of sleep.
3. Take short naps, but limit them to 20-30 minutes and take them before 3 pm.
4. Avoid caffeine and alcohol before going to bed because these stimulants can disrupt your sleep cycle.
5. Adjust the lights, wind down, and quiet your mind with a relaxing activity. Try to avoid distracting activities like checking your e-mail, watching TV, or talking on the phone.
6. Don't go to bed hungry or thirsty; your stomach will keep you up longer. Also, don't go to bed on a full stomach, you may have to get up in the middle of the night to use the restroom, only further adding to sleep deprivation. Try such calming snacks as milk, yogurt, oatmeal, or bananas.

## Manage Stress

### Are you in crisis?

You can go to the University Counseling Center (200 McCannel Hall) on a crisis walk-in basis Monday – Friday, 8:00 am to 4:30 pm. Or call during those same hours to schedule an appointment (701-777-2127).

If it is after hours or the weekend, please call FIRSTLINK at 701-777-2127 and press "1" to be connected to the crisis line. Or dial 911 or proceed to the emergency room at Altru Hospital.

Your body's physical reactions to stress are natural—they are your body's way of preparing you to handle an emergency or a difficult situation, such as a high-stakes test. But if your body is geared up to react to stress for too long, such as in response to life's daily challenges, it is working overtime, and that build-up of extra energy can make you feel anxious or worried. Think of holding a weight. It doesn't matter how heavy the weight is; what matters is how long you have to hold it. Physical signs of stress you might experience include:

- Back pain
- Constipation or diarrhea
- Fatigue
- Headaches
- High blood pressure
- Insomnia
- Shortness of breath
- Stiff neck or jaw
- Upset stomach
- Weight gain or loss

### **Take Control**

Your goal should not be to remove all stress from your life—this is not possible or practical, especially for medical students. Instead, remember that stress is a natural part of life, recognize the symptoms when you are reacting negatively to stress, and learn techniques for managing stress responses. In other words, you can't always control the things that cause stress in your life, but you can control how you react to stress.

Here are some simple stress management techniques:

- Look at changes and difficult tasks as positive challenges, not as threats
- Exercise on a regular basis
- Eat regular, healthy meals
- Get enough sleep
- Take time for activities that you don't find stressful
- Breathe deeply
  - Lie down on a flat surface.
  - Place a hand on your stomach, just above your navel. Place the other hand on your chest.
  - Breathe in slowly and try to make your stomach rise a little.
  - Hold your breath for one second.
  - Breathe out slowly and let your stomach go back down.
- Relax fully
  - Hold the muscles of your toes and feet tightly for a few seconds, then relax the muscles.
  - Next, tighten your calf muscles for a few seconds, then relax.
  - Work your way up through the rest of your body, one muscle group at a time.

### **Other Resources**

**UCC's Stress Lab** offers training in mindful breathing using a biofeedback mechanism and powerful relaxation techniques; no appointment or referral needed. Check here for days and times: <http://www1.und.edu/health-wellness/counseling-center/stress-and-anxiety-workshops.cfm>.

**AMSA** (American Medical Student Association) [Medical Student Well-Being](#) provides students with resources and coping mechanisms for the prevention and management of stress-related problems.

**TED Talk:** [How to make stress your friend](#). Psychologist Kelly McGonigal urges us to see stress as a natural and *positive* reaction.

### **Apps**

There are numerous free meditation apps to help you relax, including *Stop, Breathe & Think*, *Mindfulness Meditation*, *Calm*, and *Breathe2Relax*.

### **Seek Help**

If you are having trouble managing the stress in your life by yourself, make an appointment at the [University Counseling Center](#) (UCC).

### **Events**

Learn about health and wellness issues at events sponsored by the Office of Student Affairs. Check for dates of upcoming events on the [Student Affairs and Admissions](#) website.

### **Advising**

For confidential conversations and referrals, set up an appointment with Dr. Dorscher, Associate Dean of Student Affairs, or Dr. LaPierre, Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221, [saa@med.und.edu](mailto:saa@med.und.edu).

## Personal Wellness Year 3

### Stay Physically Healthy

#### *Northeast (Grand Forks) Campus*

UND [Student Health Services](#) is a full-service medical clinic providing acute, chronic, and preventive care. Office visits by students for sickness and injury are free; extra charges apply for lab, radiology, pharmacy, and special procedures. To make an appointment, visit the website, call 701-777-2605 or 701-777-4500 or stop by the clinic at McCannel Hall, Room 100.

#### **After Hours/Emergency Care**

For life-threatening emergencies, call 911. For emergencies after hours, go to the Altru Emergency Room. For after-hours care options, see <http://und.edu/health-wellness/student-health/resources.cfm>.

#### **Local Health Resources**

For a list and map of health and emergency resources in the Grand Forks community, see <http://und.edu/health-wellness/student-health/resources.cfm>.

#### *All other campuses*

You will be made aware of local healthcare options at your third-year orientation.

### Bloodborne Pathogen Exposure

#### *Northeast Campus*

See Section 3.8 of the Medical Student Handbook, Policies and Procedures.

#### *All other campuses*

Please follow your campus's policy and procedures on biohazardous exposure.

In addition, students should be familiar with the policies and procedures of the medical institutions they work with.

### Stay Mentally Healthy

Students on all campuses have access to the [UND Counseling Center](#) (UCC). The staff of professionally trained psychologists and counselors at UCC offer a variety of services, including short-term counseling, alcohol and drug counseling, and assistance with referrals. You can take confidential mental self-assessments on their website. If you would like to talk to a staff member, call UCC at 701-777-2127 to schedule an appointment. If you are not in Grand Forks, a staff member can help you determine the next step, which may include a referral to someone in your community.

### Are you in crisis?

Call the University Counseling Center at 701-777-2127 Monday – Friday, 8:00 am to 4:30 pm. If you are in Grand Forks, you can go to the UCC (200 McCannel Hall) on a crisis walk-in basis during those same hours.

If it is after hours or the weekend, please call FIRSTLINK at 701-777-2127 and press “1” to be connected to the crisis line. Or dial 911 or proceed to the nearest emergency room.

## Be Active

Third-year medical students have year-round access to the [UND Wellness Center](#), so take advantage of the facility whenever you are on the Northeast campus. For more information, stop by the front desk, call 701-777-WELL, or visit the website.

## Avoid Burnout

Stress is an inevitable part of medical school, especially in the clinical years. But burnout—a state of mental or physical exhaustion caused by excessive and prolonged stress—is preventable. Some of the risk factors that can lead medical students to burnout include perfectionism, workaholism, and the belief that to reveal emotions or ask for help equals weakness.

## Self-Assessment Exercise

Answer the following questions to assess your own personal stress level:

How often do you . . .

(a) almost always; (b) often; (c) seldom, (d) almost never

- 1. Find yourself with insufficient time to do things you really enjoy?
- 2. Wish you had more support/assistance?
- 3. Lack sufficient time to complete your work most effectively?
- 4. Have difficulty falling asleep because you have too much on your mind?
- 5. Feel people simply expect too much from you?
- 6. Feel overwhelmed?
- 7. Find yourself becoming forgetful or indecisive because you have too much on your mind?
- 8. Consider yourself to be in a high-pressure situation?
- 9. Feel you have too much responsibility for one person?
- 10. Feel exhausted at the end of the day?

Calculate your total score as follows:

(a) = 4 points; (b) = 3 points; (c) = 2 points; (d) = 1 point      Total score: \_\_\_\_\_

Your total number of points on this exercise will help you assess if the demands around you exceed your capacity to meet them. A total of 25-40 points indicates a high stress level that could be problematic.

(Girano, DA; Everly, GS; & Duseck, DE. Controlling Stress and Tension. Needham Heights, MA: Allyn & Bacon, 1996)

## Prevention Tips

- Make taking care of yourself—physically and emotionally—a priority. Eat right, exercise regularly, get enough sleep, and find time to play.
- Set aside some “alone time” for rejuvenation or time for a hobby that you find enjoyable and relaxing.
- Nurture friendships and relationships with family. If the busy pace of your life has caused you to neglect some important people in your life, reach out to them.
- Maintain your sense of humor.

- Get help if you need it. With appropriate intervention and help, you can overcome burnout and succeed.

### **Advising**

For confidential conversations and referrals, contact your campus dean or set up an appointment with Dr. Dorscher, Associate Dean of Student Affairs, or Dr. LaPierre, Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221, [saa@med.und.edu](mailto:saa@med.und.edu).

## Personal Wellness Year 4

### Stay Physically Healthy

#### *Northeast (Grand Forks) Campus*

UND [Student Health Services](#) is a full-service medical clinic providing acute, chronic, and preventive care. Office visits by students for sickness and injury are free; extra charges apply for lab, radiology, pharmacy, and special procedures. To make an appointment, visit the website, call 701-777-2605 or 701-777-4500 or stop by the clinic at McCannel Hall, Room 100.

#### **After Hours/Emergency Care**

For life-threatening emergencies, call 911. For emergencies after hours, go to the Altru Emergency Room. For after-hours care options, see <http://und.edu/health-wellness/student-health/resources.cfm>.

#### **Local Health Resources**

For a list and map of health and emergency resources in the Grand Forks community, see <http://und.edu/health-wellness/student-health/resources.cfm>.

#### *All other campuses*

You will be made aware of local healthcare options at your third-year orientation.

### Bloodborne Pathogen Exposure

#### *Northeast Campus*

See Section 3.8 of the Medical Student Handbook, Policies and Procedures.

#### *All other campuses*

Please follow your campus's policy and procedures on biohazardous exposure.

In addition, students should be familiar with the policies and procedures of the medical institutions they work with.

## Stay Mentally Healthy

Students on all campuses have access to the [UND Counseling Center](#) (UCC). The staff of professionally trained psychologists and counselors at UCC offer a variety of services, including short-term counseling, alcohol and drug counseling, and assistance with referrals. You can take confidential mental self-assessments on their website. If you would like to talk to a staff member, call UCC at 701-777-2127 to schedule an appointment. If you are not in Grand Forks, a staff member can help you determine the next step, which may include a referral to someone in your community.

## Be Active

Fourth-year medical students have year-round access to the [UND Wellness Center](#), so take advantage of the facility whenever you are on the Northeast campus. For more information, stop by the front desk, call 701-777-WELL, or visit the website.

## Avoid Burnout

Stress is an inevitable part of medical school, especially in the clinical years. But burnout—a state of mental or physical exhaustion caused by excessive and prolonged stress—is preventable. Some of the risk factors that can lead medical students to burnout include perfectionism, workaholicism, and the belief that to reveal emotions or ask for help equals weakness.

## Self-Assessment Exercise

Answer the following questions to assess your own personal stress level:

How often do you . . .

(b) almost always; (b) often; (c) seldom, (d) almost never

- 1. Find yourself with insufficient time to do things you really enjoy?
- 2. Wish you had more support/assistance?
- 3. Lack sufficient time to complete your work most effectively?
- 4. Have difficulty falling asleep because you have too much on your mind?
- 5. Feel people simply expect too much from you?
- 6. Feel overwhelmed?
- 7. Find yourself becoming forgetful or indecisive because you have too much on your mind?
- 8. Consider yourself to be in a high-pressure situation?
- 9. Feel you have too much responsibility for one person?
- 10. Feel exhausted at the end of the day?

Calculate your total score as follows:

## Are you in crisis?

Call the University Counseling Center at 701-777-2127 Monday – Friday, 8:00 am to 4:30 pm. If you are in Grand Forks, you can go to the UCC (200 McCannel Hall) on a crisis walk-in basis during those same hours.

If it is after hours or the weekend, please call FIRSTLINK at 701-777-2127 and press “1” to be connected to the crisis line. Or dial 911 or proceed to the nearest emergency room.

(b) = 4 points; (b) = 3 points; (c) = 2 points; (d) = 1 point      Total score: \_\_\_\_\_

Your total number of points on this exercise will help you assess if the demands around you exceed your capacity to meet them. A total of 25-40 points indicates a high stress level that could be problematic.

(Girano, DA; Everly, GS; & Duseck, DE. Controlling Stress and Tension. Needham Heights, MA: Allyn & Bacon, 1996)

### **Prevention Tips**

- Make taking care of yourself—physically and emotionally—a priority. Eat right, exercise regularly, get enough sleep, and find time to play.
- Set aside some “alone time” for rejuvenation or time for a hobby that you find enjoyable and relaxing.
- Nurture friendships and relationships with family. If the busy pace of your life has caused you to neglect some important people in your life, reach out to them.
- Maintain your sense of humor.
- Get help if you need it. With appropriate intervention and help, you can overcome burnout and succeed.

### **Advising**

For confidential conversations and referrals, contact your campus dean or set up an appointment with Dr. Dorscher, Associate Dean of Student Affairs, or Dr. LaPierre, Director of Student Advisement and Admissions, by contacting the Student Affairs Office: 701-777-4221, [saa@med.und.edu](mailto:saa@med.und.edu).