

# Have You Herd?

Medical Students and their families enjoy the October 2012 Fall Festival Sponsored by the Medical Student Wellness Committee



Alicia and Anessa Hess



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**REMINDER:** The AAMC Graduation Questionnaire for the Class of 2013 is available for completion. Seniors, we are counting on you for a high response rate!!

## Students Respond Favorably to Improved Student Services

The results of the 2013 Student Services Assessment Survey (SSAS), administered in February, clearly reveal markedly higher levels of student satisfaction as compared to the 2012 SSAS. Over 90% of respondents were satisfied or very satisfied with overall quality of student support services. Overall satisfaction with career planning services rose from 43% to 77% and 85%, of respondents were satisfied with the overall debt management counseling program as compared to 59% in 2012. Similarly, satisfaction with programs that promote overall well-being increased from 44% to 70%. Study space, an area of significant concern to students, increased from 48% in 2012 to 87% in the 2013 administration.

## Wellness Committee Explores Benefits of Yoga

A recent medical student survey revealed that as many as 85% do not currently practice yoga because classes are limited or too expensive or too inconvenient. The 15% of respondents who currently take yoga classes clearly indicated that they experienced positive health benefits. When Marshall medical students were asked whether they would be likely to attend free yoga classes arranged by the Wellness Committee, 74% of respondents answered either "yes" or "maybe." A review of the literature supports the perceptions of students who find it to be a significant way of managing stress. One study examined the effectiveness of a nine-week yoga practice on reducing music performance anxiety in undergraduate and graduate music conservatory students. Results showed large decreases in music performance anxiety as well as in trait anxiety that were sustained at 7- to 14-month follow-up. While additional research is indicated, findings such as this suggest that yoga may have positive benefits for medical students as well.

## Medical Student Honor Code Approved

Thanks to the efforts of a number of Marshall medical students, an Honor Code has been created and approved that will serve as a model for how students, faculty, and staff are to conduct themselves academically and professionally.

The Honor Code states, "As a member of the Marshall University Joan C. Edwards School of Medicine community, I pledge

to conduct myself academically, professionally, and personally with honor, integrity, and respect. I will abide by these virtues as they pertain to all aspects of medical education and patient care. I acknowledge that as a future member of a health care team, I am entrusted with great personal responsibility for both others and myself. I pledge to uphold these standards and always strive to foster an academic and profes-

sional environment built upon the mutual respect and integrity of all members. I will hold my peers accountable for the same."

Maintenance and oversight of this code is the responsibility of the Academic and Professional Standards Committee. It is the responsibility of this committee, comprised of both students and faculty, to conduct investigations and hearings regarding reported violations of the code, and, when necessary, to determine the nature of penalties for violations.

## CAREER CONVERSATIONS

**Emergency Medicine** with Dr. David Seidler on Tuesday, March 5 at 5 PM at BCC

**Otolaryngology** with Dr. Brian Heaberlin on Wednesday, March 20 at 5:00 PM at BCC

**Obstetrics & Gynecology** with Drs. Campbell and Yoost on Monday, March 25 at 5 PM (location TBD)

## IMPORTANT DATES:

### Senior Exit Group Session

Thursday, March 7, 2013  
BCC at 4:30 PM

### Financial Forum

Thursday, March 14, 2013  
BCC at 4:00 PM

First years required, others invited with RSVP to Prudy

### MATCH DAY

Friday, March 15, 2013

### Class of 2013 Graduation

Friday, May 10 at 7 pm  
Keith Albee Performing Arts