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Sent: Tuesday, March 19, 2019 11:52 AM

Subject: timely message from your classmates on the Wellness Committee

Hello 2021's. I'm sharing this message from the Wellness Committee. I hope you are having a rewarding week, wherever you are in your journey through the clerkship year, and I'm always glad to hear from you regardless of the reason! Lee Rosen

Dear Class of 2021,

The Wellness Committee would like to check in with all of you and remind you that we are available for support. Between Step 1, beginning clerkships, shelf exams and CSEs this can be a confusing, exciting and/or stressful time for many. After the buildup to Step 1, many students are unsure of how to react to their scores. The beginning of clerkships also leaves little time to process. If you are unhappy with your Step 1 score, worried that it could affect future career options, had to delay your test or have any other concerns we are here to support you in any of the following ways and more:

1. Feel free to email or approach any of us for help. This peer support is confidential.
2. If you would like to talk to an upperclassman who performed similarly to you, we will do our best to connect you with someone to discuss your score and its meaning.
3. The AAMC has some basic, nationwide data if you're a data person. That can be found here: <http://www.nrmp.org/wp-content/uploads/2018/06/Charting-Outcomes-in-the-Match-2018-Seniors.pdf>.
4. Dr. Rosen and Dr. Zehle are also here for you if you desire some further guidance and would prefer to talk to one of them. You can email Dr. Rosen at lee.rosen@med.uvm.edu and Dr. Zehle at Christa.Zehle@med.uvm.edu.

To all of you on away rotations or who will be away in the future, it can be really valuable to learn a new hospital system and experience a different community. That being said, we understand the transitions can be difficult in multiple ways. Please let us know if you need any help or support.

Finally, do your best to take care of yourselves in any little way you care throughout this next year - cooking, exercise, sleep, hanging out with friends, connecting with family. We are proud of you for all you have accomplished thus far and wish you success as you continue to grow. Please let us know if you need anything. ☺

The Wellness Committee:

Class of 2021

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