

Bearcat Support Network

- Bearcats Support Network (BSN) empowers University of Cincinnati students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and bi-weekly community events.
- BSN is led by trained students to address and promote students' emotional and mental well-being in an accessible, confidential and inclusive environment.
- Groups are open to all medical students



UCCOM Student Groups

Creating Caring Communities

- This program is designed specifically for the M1 class for the purpose of helping you transition to medical school (especially while attending virtually) by creating an environment for you to connect with a small group of peers in a safe, authentic setting that will allow you to speak freely about how you are adjusting to medical school and to life in general during these challenging times.
- The group composition is different from your LC group so that you have the opportunity to connect with other students.
- Each group will be co-facilitated by a faculty member and a past participant (faculty, resident or student) of the Mind-Body Skills program
- Groups will run
 - Monday Sept 14, 6-7pm
 - Week of Sept 28 (date and time TBD)
 - Week of Oct 12 (date and time TBD)
 - Week of Nov 2 (date and time TBD)
 - Week of Nov 16 (date and time TBD)
 - Week of Nov 30 (date and time TBD)



Student Wellness Committee Virtual Hangouts

- The mission of the SWC is to offer a system of academic, social, emotional and psychological support to the students of UCCOM.
- Virtual events
 - Trivia/game nights
 - Happy hour
 - Baking/ cooking demonstrations
 - Movie/ book discussions
- Events will be on MedOneStop under "SWC virtual event"
- Events are open to all medical students (M1-M4)
- Follow `uccom_sw` on Instagram for reminders!



UCCOM Student Groups

Gold Humanism Honor Society Mentoring Program

- Groups will be led by an M4 GHHS mentor and have one hour virtual meetings on a monthly basis.
- Each meeting will feature a different topic that pertains to the experience of being a medical student as related to humanism in medicine.
- This is an excellent opportunity to grow in your role as a physician in training, share your experiences, network with students from other levels, and give and receive peer support. Groups will consist of students from varying class levels M1-M3.
- Examples of topics that will be discussed include:
 - Developing your physician identity
 - Exploring career/specialty interests
 - Seeking and Implementing Feedback
 - Balancing school and personal life
 - Extracurricular experiences
 - Networking
 - Managing stress
 - Imposter syndrome
 - Research in medical school

