



UNIVERSITY OF SASKATCHEWAN
College of Medicine
 STUDENT AFFAIRS
 MEDICINE.USASK.CA

BE WHAT THE WORLD NEEDS

ISSUE 4 **May 8, 2020**

Contact your OSA

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If you have any ideas or would like to contribute to the newsletters – Please contact your OSA office.



Submitted by: *Sehar Parvez*

In the loop ...

with the Office of Student Affairs

OSA understands the implications of not having a suitable social support network and the difficulties of managing without one so we encourage you to reach out to us. Whether your needs are academic, financial or personal we are here for you.

BINGO WALK CHALLENGE



LAURA NEUBURGER
CLASS 2021
Saskatoon

UPDATES

CLASS 2021 - Upcoming Medical Leadership Opportunity

Please use the Google Form below to sign up for the optional medical leadership interactive webinar series, Leadership learning: Connecting present COVID-19 experiences with the past and future, that has been spearheaded by Dr. Stobart (CoM Vice Dean Education) in collaboration with Dr. Van Aerde (Executive Medical Director of the Canadian Society of Physician Leaders).

Two dates are available for third-year students via Zoom:

- 1) Friday, May 15, 2020 @11am,
- 2) Tuesday, May 19, 2020 @ 11am,

The webinar will be approximately 90 minutes in length. [Please read the description in the Google Form for full details of this webinar and the potential webinar series]. Please note: At this time, participation is limited to the current Year 3 class (Class of 2021). [Google Form:](#)

If you have any questions, email Kate @ kate.morrison@usask.ca.

CaRMS TIMELINES

The AFMC Board has made the following decisions regarding the 2021 R-1 Match:

- Interviews will be in a virtual format including those for local candidates.

The match timeline will be:

- The Last Day of the Application Period: February 7, 2021
- The File Review Period: February 8 to March 5, 2021
- The Virtual Interview Period: March 8 to March 28, 2021
- The Second Iteration Match Day being no later than: May 18, 2021.

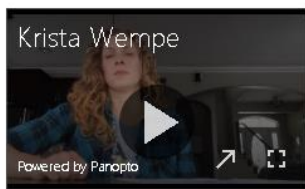
VIDEO SERIES

The College of Medicine - Division of Continuing Medical Education supports you with Saskatchewan experts.



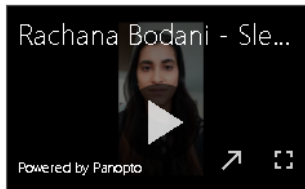
Working & Parenting in COVID

Presented by Mr. & Mrs. Drs. Wood



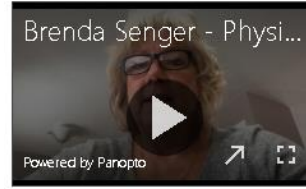
CISM: Take your cape off ...sometimes

Presented by Dr. Krista Wempe; Emergency Medicine



Sleep During the Pandemic

Presented by Dr. Rachana Bodani; Psychiatrist

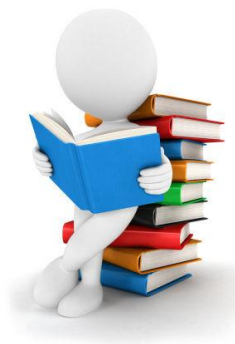


Physician Support: Here for you.

Presented by Brenda Senger; Physician Health Program

RESOURCES AND READINGS

PHYSICAL WELLNESS – It is normal to not sleep well in a period of stress. Sleep experts are advising that you pay particular attention to your sleep habits and needs during this period of uncertainty. Why? Because a good sleep in both quality and quantity will be beneficial for managing your stress and your emotions as well as your physical health! Sleep is your ally! How to fine tune your sleep habits. [SLEEP ON IT CANADA](#)



Resources and readings may have registration and/or fees attached, which will be the responsibility of the student.

EMOTIONAL WELLNESS – 10 free things you can do while stuck at home during COVID-19. Some are fun, others are just best to get out of the way before life goes back to normal [To-Do List](#)

PHYSICIAN WELLNESS WEBEX SERIES: STRATEGIES FOR ANXIETY DURING COVID-19

We are all currently navigating within the anxious environment COVID-19 has created. But what does anxiety actually look like? How can we determine what is helpful and adaptive versus non-helpful anxiety?

This week's wellness boost features Dr. Helen Lowry, MD, FRCPC, Department of Psychiatry, describing how anxiety manifests, how we feed our limbic system during these hypervigilant states and what concrete strategies and tools can assist you, your families and your patients to manage anxiety. Dr. Lowry also discusses clinical pearls to consider when using medication to help manage anxiety and recommended resources to supplement this presentation.

[Click here](#) for a preview or [watch the full webinar here](#)
