

M'22 COMPASS Wellness Groups

Welcome to Tufts University School of Medicine!

You are about to begin one of the most fascinating and absorbing experiences of your life. Every effort is being made to support you in this big transition to medical school. COMPASS (Co-leader **O**rientation in **M**indfulness for **P**atients and **S**tudent **S**upport) is a Mindfulness Based Stress Reduction & Support group program for incoming first year students. This optional program is a blend of mindfulness practice and peer support in a group format led by second year medical students. During these groups you will learn techniques to reduce your stress, enhance your coping and study skills and work with each other to remain whole even while sometimes feeling overwhelmed. It is also a great opportunity to meet other first and second year students.

The groups will meet about 9 times from September-January, and typically meet Wednesdays at noon (schedule & location TBD). Your group will be co-led by two M'21 student volunteers who will have gone through an intensive training to prepare them for this role. During a presentation at Orientation, some of the M'21 co-leaders who went through the course last year as first year students will provide more information about the program and to review aspects of Mindfulness training.

COMPASS sign-up will be limited; sign-up will be closed once the slots are filled or on **Friday, August 31**, whichever comes first. You may sign up at any time up until then at Office of Educational Affairs (OEA, Sackler 321).

Looking forward to working with you this fall and wishing you the best as you begin your medical career.

Sincerely,

Sylvia Krinsky, MD