

The Wellness Committee has three overarching goals:

- Commitment to research. We will continue to survey our medical school classes in order to effectively address the factors impacting student wellness as well as inform changes to foster and strengthen a culture of wellbeing on campus.
  - Offer student activities, support, and mentorship opportunities that actively promote student well-being throughout their time in medical school. This also includes increasing awareness about mental health and access to counseling services.
  - Serve as a liaison to VCU SOM administration such that a constant line of communication is established in order to collaborate and inform initiatives as they pertain to student burnout, wellness, and resiliency.
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- We are strategically situated to help create structural and cultural changes that promote a more positive environment and framework for students to work in
  - If you're interested or passionate about the study and science of wellness, or you want to take an active role in shaping that culture and collaborating on solutions to improve student wellbeing at our school, please consider applying to our committee! You don't need to be a Peer Advocate to join, all we ask is that you share, learn, and grow with us as we try to make meaningful changes both at our school and our medical community at large.
  - Many opportunities to start your own initiatives, including developing a wellness elective