

Center for Holistic Student Success

The Center for Holistic Student Success (CHSS) at Emory School of Medicine strives to (1) improve access to mental health resources, (2) improve access to academic support resources, and (3) promote trust and sense of belonging within the School of Medicine.

Our mission is to improve students' energy preservation through structures, systems, and supports that enhance student learning and development.

Our vision is to create an environment that optimizes the balance of health science students' mind, body, and spirit at Emory School of Medicine.

The goal of the CHSS is to promote student's self-guided learning and ability to navigate life with:

1. optimal coping mechanisms,
2. agency in accessing support, and
3. experience in refining one's professional excellence.

The holistic triad of CHSS is the mind, body, and spirit of the SOM student.

Mind: *Academic and Mental Health Resources*

- 1:1 academic coaching
- Learning strategy support
- Accommodations
- Tutoring
- Access to mental health resources inside and outside of Emory
- USMLE Step 1 and 2 preparation resources
- Student success workshops

Body: *Physical Environment and Wellness Initiatives*

- Well-being calendar complete with yoga, meditation, community-building, and holistic wellness initiatives
- Encourage check-ups, preventative medicine, etc.
- Access to healthy eating and promotion of options on campus
- Workshops focused on food and movement and its impact on your learning
- Continuous improvement of the physical space in the SOM
- Provide oversight of student mistreatment reporting and action taken

Spirit: *Spiritual and Human Connection*

- Grounding you in your "why"
- Focus on sense of trust and sense of belonging among students, faculty, and staff
- Emory connections to chaplains, religious and/or spiritual services, and access to interest groups focused on spiritual growth and development
- Building synergy across the School of Medicine to optimize student success through relationship building, mission alignment, and community building.

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