

This year has been the big bang for the student side of the LCI council where forces collided just right bringing together an incredible group of students from across the country passionate about learning communities and driven to make them better at their home institutions.

In the current climate of reported student and physician burnout and the charge to develop curricula that will produce well-rounded physicians, there is an increasing push to include wellness activities in medical schools.

However, in talking to one another we realized several things:

1. Not all schools even had wellness programs
2. Opinions of existing wellness programs and initiatives varied greatly among students
3. There were many different approaches to how to go about creating wellness programs.

We became curious about what was out there in the literature regarding perception and understanding of wellness from both medical student and faculty perspectives and realized the answer was not much.

We decided to learn more by asking faculty and student leaders of LCI to discuss definitions of wellness, as well as try to better understand commonalities and differences of programming at our representative institutions.

In the next hour, we will begin to traverse this vast space of the concept of wellness. We will begin our journey with a discussion on how students and faculty perceive wellness, progress to applying that understanding to specific programming that supports student wellness, and finally begin the collaborative conversation between students and faculty regarding specific problems and questions faced by wellness programs.

So sit back, relax, and enjoy the ride!