

Oct 7th Writing, Self Expression, and Wellbeing Lunch

Writing, Self Expression, and Well Being

with Howard Rubin, Director of Medical Student Wellbeing

In this lunch-time workshop, we introduce the idea that writing into our medical experience can be a powerful tool not only for self expression and communication, but also for our personal well being. We will spend the first part of the session reading aloud and discussing a couple of very short pieces about the medical experience. Then we will do a brief "free write" in which we will write for a few minutes on anything that may come to mind relating to medicine. We will wrap up with a discussion of how writing might help us negotiate the joys and struggles of our professional experiences more effectively.

We will meet in Medical Sciences Room 176 (S176) from 12-1PM on Tuesday Oct. 7th.

No prior writing experience is needed.

Howard Rubin from Medical Student Wellbeing will lead the workshop, which is not for credit. It is open to medical students from all four years. I will not be evaluating participants, as this program is sponsored through the Medical Student Wellbeing Program.

Contact Us
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