



LEANbody



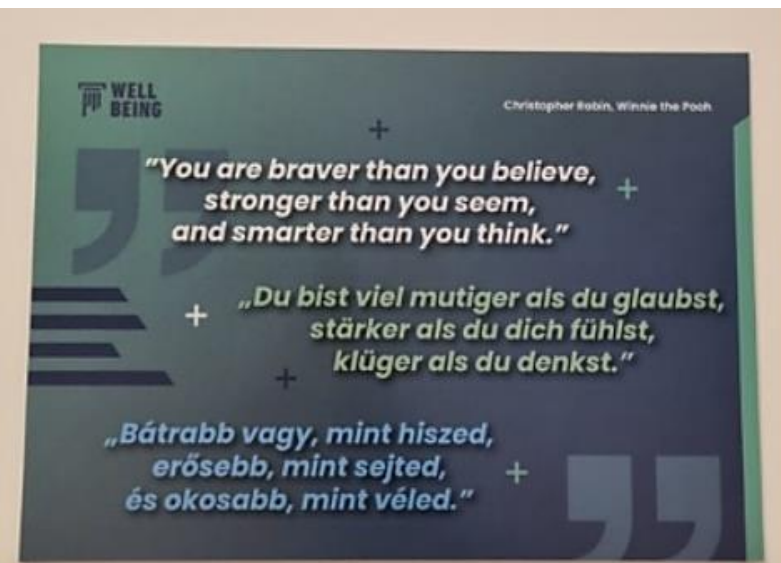
What is student support system?

Department of Anatomy and Clinical Anatomy
Institute of Anatomy "Drago Perović"

Ana Hladnik, Marina Čavka







Surviving the Exam Period

Vizsgaidőszak Túlélése

 <p>Take walks and stay active Sétálj, maradj aktív</p>	 <p>Reward yourself after each exam and study milestone Jutalmazd meg magad minden vizsga és mérföldkő után</p>	 <p>Get enough sleep (power naps included!) Aludj eleget (szakits időt power nap-ekre!)</p>
 <p>Study with friends Tanulj barátokkal</p>	 <p>Limit social media screen time Szorítsd vissza a social media-val töltött időt</p>	 <p>Use the Piano on the 3rd floor (Key at the reception) Használd a zongorát a 3. emeleten (Kulcs a recepción)</p>
 <p>Spend time in the Silent Room. (Key at the reception) Tölts időt a Csendszobában (Kulcs a recepción)</p>	 <p>Grab a snack from the Brain-boost box Szerezz harapnivalót a Brain-boost dobozból</p>	

Nagradi se iza svakog ispita!

Vjeruj u sebe!

Kvalitetno se naspavaj!

Ostani fizički aktivan!

Ne zaboravi na druženje s kolegama!

Ti to možeš!

Svi smo to prošli!

University of Pécs, Medical School: Student Service Department

Type of problem

Educational

Personal

Mentor Club

Student Councils

Peer Program

Administrative Office

Psychological support

Coaching Service

Healthy Lifestyle Service

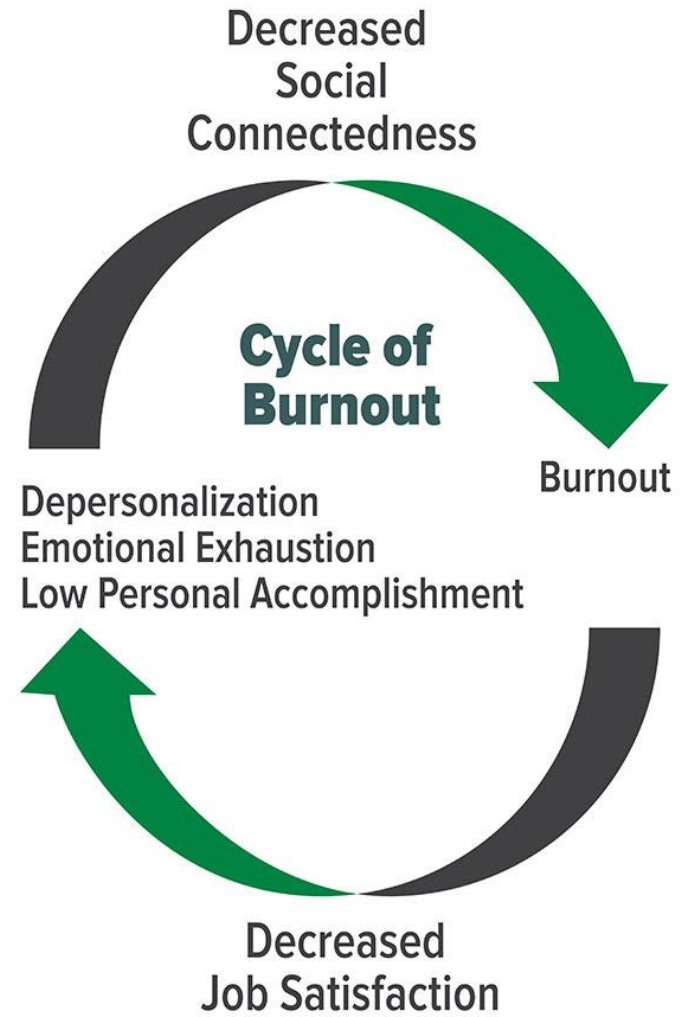
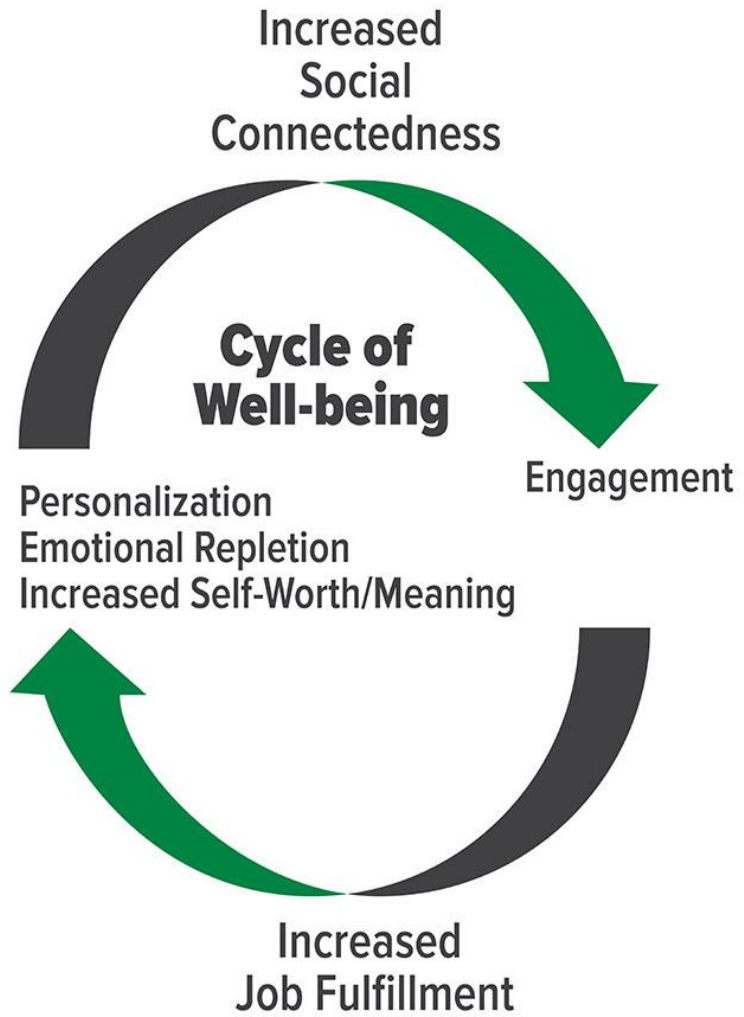
Student Service Department



**Head of the Student Service
Department – Laura Berta Csík**



Presentation of different domains of student well-being taken from the official website of **Boston University Chobanian & Avedisian School of Medicine**



Why do students struggle in their first year of medical school? A qualitative study of student voices

[Aled Picton](#), [Sheila Greenfield](#) & [Jayne Parry](#) 

[BMC Medical Education](#) **22**, Article number: 100 (2022) | [Cite this article](#)



Medical Student Well-Being and Lifelong Learning A Motivational Perspective

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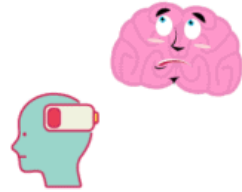
Education for Health 32(1):p 25-32, Jan–Apr 2019. | DOI: 10.4103/efh.EfH_237_17

TEACHER BURNOUT SIGNS

**EXHAUSTION & FATIGUE
ALL THE TIME!**



**FOGGY BRAIN
(YOU JUST CAN'T SEEM
TO THINK STRAIGHT)**



**NEGATIVITY AND
CYNICISM**



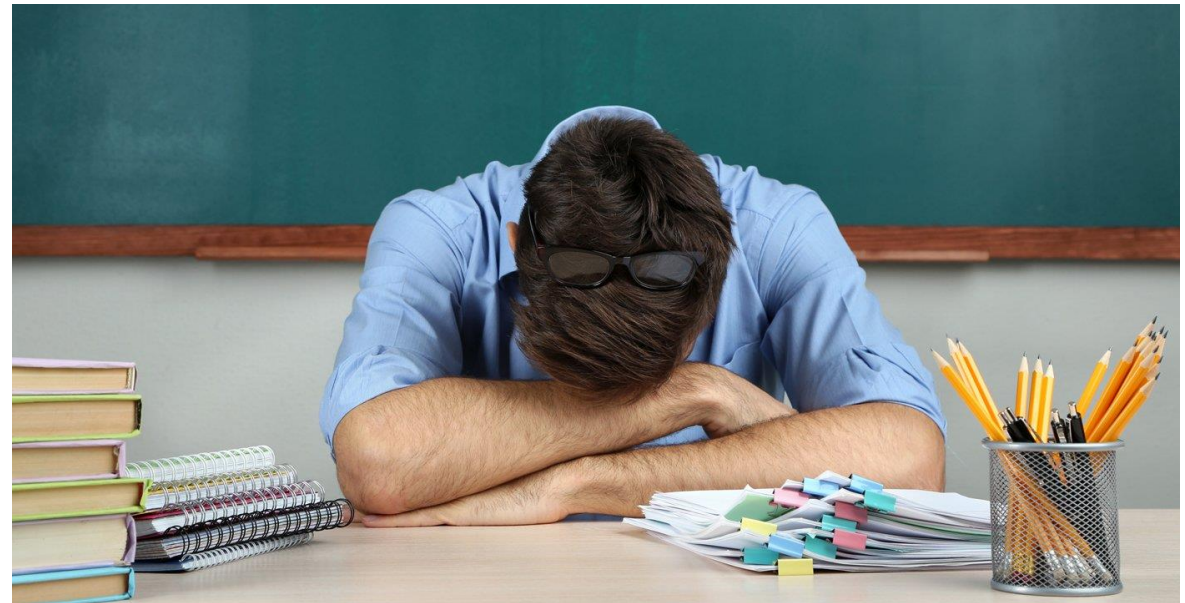
**YOU DON'T ENJOY
TEACHING LIKE YOU
ONCE DID**



**OVERLY EMOTIONAL &
SENSITIVE ABOUT
EVERYTHING!**



**YOU WANT TO
QUIT TEACHING!!**



Student Support Services



- Mentoring
- Coaching
- Tutoring
- Counseling
- Financial Advising
- Career Services

