



The **Program for Diversity & Inclusion (PDI)** in the Center for Student Life at the Perelman School of Medicine (PSOM) supports the educational mission of PSOM by promoting an inclusive, welcoming, *supportive* and engaged medical student community. One of PDI's goals is to *foster the emotional wellness of students.*

At Perelman, wellness is defined as a dynamic and ongoing process involving self-awareness and healthy choices resulting in a successful, balanced lifestyle. The goals of our wellness program are to:

- Enable a medical school experience of growth and professional maturation
- Promote medical student wellness as a means of supporting and sustaining an inclusive medical school community
- Foster self-care as a critical element of physician professionalism

PDI also organizes meetings of the student leadership of many wellness-related organizations to encourage collaboration and innovation, and to share best practices.

PEOPLE

The Perelman Wellness Program involves the coordinated efforts of:

FACULTY LEADERS *Program for Diversity & Inclusion and the Office of Student Affairs*

STUDENT LEADERS *Diversity & Inclusion Student Advisory Committee, Gold Humanism Honor Society, House Councils, Medical Student Government, & other student organization leaders*

PRINCIPLES

The guiding principles of wellness at PSOM are:

ACADEMIC & CAREER *Managing stress of academic performance and career decisions*

INTELLECTUAL *Expanding one's knowledge, skills and creativity*

EMOTIONAL & SPIRITUAL *Understanding and coping with feelings; growth in sense of meaning in life*

PHYSICAL *Habits of eating, rest & exercise to sustain health*

SOCIAL *Creating positive relationships with peers and near-peers*

PATHWAYS

ACADEMIC SUPPORT & CAREER COUNSELING *Embedded Learning Specialist, Tutoring, clinical coaching*

FACULTY ADVISING & MENTORING *Advisory Deans, Diversity & Inclusion Deans, Doctoring preceptors, Master Clinicians*

CURRICULAR PROGRAMMING *Personal Resilience curriculum, Doctoring courses*

ELECTIVE PROGRAMMING *including Healer's Art, yoga, meditation, MS1 Hiking Trip, Arts & Medicine, membership to Penn gyms, cultural & religious affinity groups, embedded counseling and psychological services*

FOR ADDITIONAL INFORMATION PLEASE VISIT:

www.med.upenn.edu/pdi

Program for Diversity and Inclusion
Jordan Medical Education Center, 6th Floor
3400 Civic Center Boulevard, Building 421
Philadelphia, PA 19104-5162

Tel: 215.898.4409 | penndi@pennmedicine.upenn.edu

Follow us on facebook @pennmedpdi