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.

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 gym, cultural & religious affinity groups, embedded counseling and psychological services

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

FOR ADDITIONAL INFORMATION PLEASE VISIT:

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