



Student Health Services

‘AT-RISK FOR STUDENTS’ ONLINE SIMULATION

BE PREPARED TO LEAD REAL-LIFE CONVERSATIONS WITH FELLOW STUDENTS IN DISTRESS AND CONNECT THEM WITH SUPPORT.

Medical school can be stressful, but have you ever been truly concerned for a friend? Would you feel comfortable expressing your concerns and motivating your friend to get help? It can be difficult with these kinds of issues, but an effective conversation can help more than you think -- it can even help change someone's life.

At Geisinger Commonwealth School of Medicine we want to make sure that we can *all* recognize signs of distress and know what to say if a friend needs help. *At-Risk for Students* is an online simulation that lets you practice conversations with a virtual student, so you'll know what to say in real life. You'll learn how to determine when a friend needs help, how to talk with a friend about whom you are worried, and where you and your friend can turn for help.

To complete the simulation, follow the instructions below:

- Visit www.kognitocampus.com
- Create a new account
- Use Enrollment Key: **Geisingerstudent**

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Office Hours: M-F 8 a.m.-4:30 p.m.
www.geisinger.edu/education/student-life/student-health-services

Please call or stop in the office if interested in services ► ► ►