

COUNSELING INFORMATION

If you are enrolled in the Einstein Student Health Plan you have easy access to behavioral health providers who participate in Empire's Behavioral Health Network and to providers who participate in the Montefiore Behavioral Health network.

If you are enrolled in the Einstein Student Health Plan, you can locate a provider who participates in Empire's behavioral health network by going to www.empireblue.com, clicking on Find a Doctor, then clicking on In Empire's local area behavioral health network. You can also call Empire's Member Services at 800-342-9816.

You are encouraged to contact the OASC for referral information and for a list of the providers who participate in the Montefiore network.

If you are not enrolled in the Einstein Student Health Plan and need to access behavioral health services, you should consult with your insurance carrier to determine providers who participate with your insurance. OASC is available to assist you should the need arise.

After Hours Emergencies

Physical Harm to Self or Others:

Call Einstein Security 718-340-2180 or NYPD 911



Albert Einstein College of Medicine
OF YESHIVA UNIVERSITY

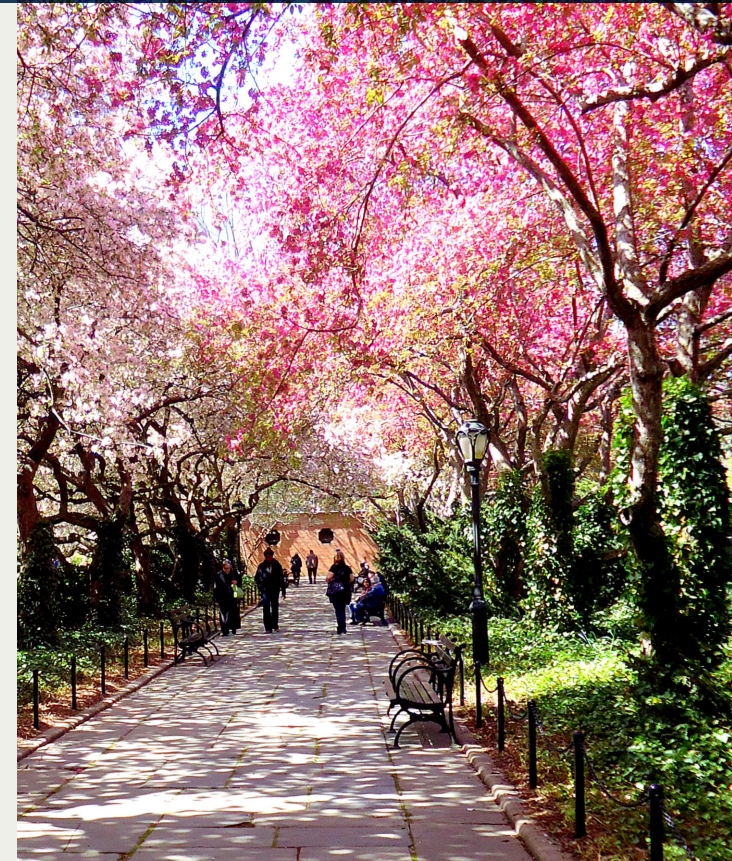
Office of Academic Support and Counseling

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cover photo by Loyda Cruz



Office of Academic Support and Counseling

Get Supportive Strategies to Navigate through Medical and Graduate School



Navigating through medical or graduate school is a challenge. It requires developing new coping and study skills and modifying previous skills to meet the demands of a fast-paced curriculum. It also requires learning to adjust to the challenges of patient care and laboratory work.

The Office of Academic Support and Counseling (OASC) offers a private and safe environment to discuss academic and emotional issues that could be affecting your journey through medical or graduate school. The OASC also offers students a place to come, relax and find out how to get a grip if you are “just stressed out.”

Dr. Mary Kelly, a psychologist, and Dr. Kristina Petersen, a biochemist and study skills expert, are available to help you target your sources of stress, express your concerns, vent your frustrations, and assist you in obtain support services. We are available to help you assess and improve your study skills, discuss study strategies, and develop a study plan.

WHAT WE OFFER

One to One Consultation

- Develop and implement effective study skills — time management; organization; scheduling; preventing procrastination; designing study plans; working in groups; and preparing for Shelf and Step 1 and 2 exams; preparing for qualifying exams and thesis defense
- Address personal counseling issues, find help dealing with stress, anxiety, emotional problems, learning disabilities, and attention problems
- Referrals for professional evaluation and therapy

Peer Tutoring Program

- Take a proactive approach and learn study strategies for course materials from upper classmates

Exam Accommodations

- Receive accommodations for a professionally documented medical or learning disability

Einstein Peer Mentor Network

- Sometimes it is easier to speak with another student about academic or emotional issues. The EPMN connects you with upper classmates who have lived through it and who are ready to lend a helping hand.

MAKING APPOINTMENTS

Call 718-430-3154 or 718-430-2189
Appointments can only be made by phone.

CONFIDENTIALITY NOTICE

Visits to the Office of Academic Support and Counseling are confidential. Significant information related to academic progress may be shared only with the Deans of Students. All counseling notes are completely confidential. They do not become part of a student’s university record. With few exceptions, which we will discuss with you, student records can only be released with written permission by the student.

EINSTEIN SUPPORT LINKS

www.einstein.yu.edu/education/studentaffairs/academic-support-counseling
Click on submenu “Personal Counseling” and then “Helplines and Hotlines”



NEED TO RELAX?

Hobart and William Smith College has a site that includes Relaxation Training exercises that they are pleased to share with other students. It can be found at:
www.hws.edu/studentlife/counseling_relax.aspx

GENERAL WEB LINKS

The American Medical Student Association provides resources for preventing and managing stress-related issues.
www.amsa.org/AMSA/Homepage/About/Committees/StudentLife/WellBeing

Excellent general information on mental health may be found at the National Institute of Mental health web site.
www.nimh.gov/index.shtml

The American Psychiatric Association has a web site specifically geared to college students.
www.healthyminds.org

The National Institute of Drug Abuse is a comprehensive source of information regarding substance abuse.
www.drugabuse.gov

A variety of screening tools and other useful information on mental health and psychotherapy may be found at:
<http://psychcentral.com>