

# Hi! I am Ife and I am running for Director of Student Affairs

## JUST A BIT ABOUT ME:

I am a current **second year medical student at the University of Calgary**. I have a bachelor's and a master's in neuroscience and my passion for the brain was always intertwined with my dedication for wellness and specifically student wellness.

I have been involved in numerous roles that afforded me the opportunity to advocate on behalf of student wellness since highschool and currently in medical school.

As an immigrant, I was born and raised in a culture where “wellness” was nonexistent. We were taught to strive for excellence no matter what. Even at the cost of our own health. That is the same culture I see that prevails throughout medicine and I want to be a part of the movement that changes it for the better. By voting for me as your Director of Students Affairs, I hope to help all of us move towards a wellness focused culture in medicine

# 1

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CANDIDATE DIRECTOR OF STUDENT AFFAIRS

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## **ADVOCACY FOR INCREASED RESOURCE ALLOCATION TO THE WELLNESS OF MEDICAL STUDENTS**

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### **1. Wellness Mentors/Coaches**

**University hired and designated** preceptors or counsellors to assist students in career choices and to help adapt to medical school, manage transitions to clerkship as well as transitions into residency. Will also advocate on behalf of the student's wellness if needed

### **2. Discounted Prices on Student Wellness Resources**

To my knowledge CFMS members receive discounted prices on Running Room, however, I believe we can secure discounts on additional aspects of wellbeing (physical, emotional, nutritional) through partnerships and sponsorships with external organisations.

# 2

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## **BUILDING CROSS-CANADA AND CROSS-REGIONAL SUPPORT SYSTEMS**

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### **1. National Wellness Conference**

An annual national wellness conference will include speakers and panelists from different aspects of wellness and conference themes will be focused on how to realistically sustain wellness in medicine but also how to establish longitudinal changes in our curricula that prioritise student wellness.

### **2. Regional Retreats and Provincial Socials**

Together with the regional directors, we will plan regular socials and retreats that focus on developing wellness strategies within our provinces and regions.



# 3

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## **PRIORITISING WELLNESS AND EQUITY DIVERSITY AND INCLUSION**

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### **1. Increased support for underrepresented student safe spaces**

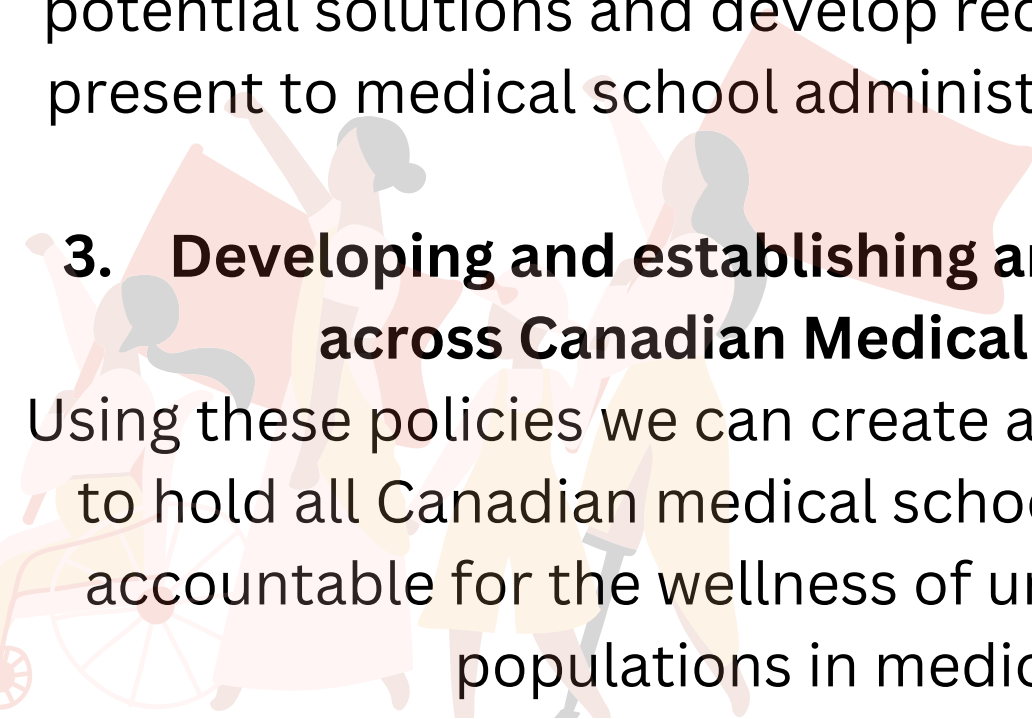
Establishing dedicated spaces to connect on school grounds and increasing the representation of underrepresented populations in both the student body the faculty body

### **2. Collaboration with EDI student groups such as the BMSAC**

Identify major gaps in EDI wellness strategies, potential solutions and develop recommendations to present to medical school administration and faculty

### **3. Developing and establishing anti-racist policies across Canadian Medical Schools**

Using these policies we can create a standard to which to hold all Canadian medical school administrators accountable for the wellness of underrepresented populations in medicine

A faint, stylized illustration in the background shows a group of diverse people, including a person in a wheelchair, a person with a cane, and others, standing together. The illustration is rendered in soft, muted colors like light orange, yellow, and grey.

# 4

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## **SUSTAINING THE LONGEVITY OF WELLNESS-FOCUSED CULTURE IN MEDICINE**

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### **1. Fully representative National Wellness Roundtables**

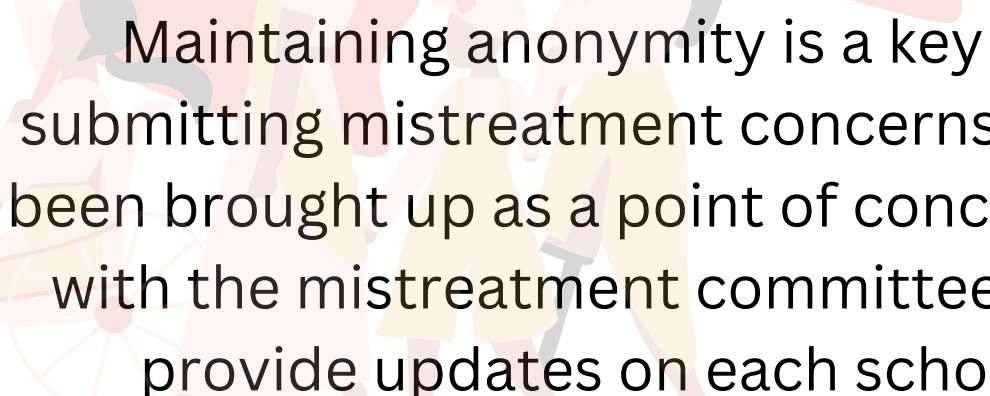
Ensure that while making decisions regarding student wellness in Canadian medical school that voices of all medical schools are included/

### **2. Wellness Curriculum Progress and Transparency**

. I, along with the WCTF, will ensure that we continue to hold medical school admin accountable through the development of strategies to effectively track the progress of the development of this programming such as surveys and have this information publicly available to all CFMS members.

### **3. Follow Up on Updates on Mistreatment Policies**

Maintaining anonymity is a key concern when submitting mistreatment concerns. This has already been brought up as a point of concern and I together with the mistreatment committee will continue to provide updates on each school's progress.

A faint, stylized illustration in the background shows a group of diverse people of various ages and ethnicities standing in a circle, some with their arms raised, suggesting a community or a group of people.