

# ANSCHUTZ MEDICAL CAMPUS WE-SERVE ROADMAP

## 1 PHASE

### Onboarding Check in

Book a 15 min zoom or in person session with the CU Anschutz Office of Student Affairs and Outreach

Institute for Healthcare Improvement prevention of clinician burnout relies on intentional help-seeking and building self-awareness skills

CIMER Mentoring Training for Graduate Students helps develop independence and communication in a complex research setting

Bruce.Mandt@cuanschutz.edu

**Our Mission:** Promoting wellbeing, sense of belonging and a thriving career as a health professional/scientist

### Review resources available

- LGBTQ
- Food Pantry
- Housing Insecurity
- Sleep Hygiene
- Library equipment eg standing desks
- Student Health
- Apps Mental Health
- PACE/Mental Health First Aid
- Campus Police

## 2 PHASE

## 3 PHASE

### Ways to Get Connected

- Student Veteran Engagement Panel
- Student Governance
- Supporting other Student Veterans/peer navigator
- Boots to Scrubs career development, Mentorship and networks
- COMBAT Research
- College of Nursing Partnership Veterans & Military Conference
- Dentistry Heroes Clinic
- Student Veteran & Military Services
- School/College programs

**Anschutz Student Veteran Opportunities to Serve** Each semester Student Outreach will send a newsletter  
nicole.tabugadir@cuanschutz.edu

Current Leadership development events include

- Boots to Scrubs Curriculum Review
- Gun Safety for Health Professionals Seminar
- Student Veteran Engagement Panel

**What is your Action Plan To Thrive?**

## 4 PHASE

**Get Started with  
Office of Student Affairs Contact**  
Morgan.phoebus@cuanschutz.edu

