WELCOME TO #VERYCARINGU!
This is our first MCV Campus edition of The Stall Seat Journal, VCU’s #1 toilet paper!
Got an idea for next edition? Email thewell@vcu.edu.

Caring in the Classroom
Many believe using “tough love” is necessary for someone to learn. Truth is, people learn best when they feel calm and respected, and are rewarded for successes instead of punished for failures. One study, published in the Journal of Neuroscience in 2009, showed that punishment had no effect on subjects’ procedural (unconscious) learning, while reward improved it.*

The most effective mentors teach with kind encouragement!

*Lachtur et al., Differential Effect of Reward and Punishment on Procedural Learning

When Caring Fails
Student mistreatment can include (but isn’t limited to) discrimination or harassment based on personal attributes, humiliation, psychological or physical punishment, and altering of grades in a punitive manner. Mistreatment disrupts the spirit of learning and creates a breach in trust between teacher and learner.

What can you do?
1. Care for yourself first. You’re worth it. If you’re upset, you can seek support before attempting to tackle the problem. University Counseling Services has an office in the VM Building. For more info, visit students.vcu.edu/counseling.

2. Consider your options. You can report mistreatment (anonymously or not) to the Office of Student Experience at healthsciences.vcu.edu/student-experience/student-advocate.

Have another concern?
Are you worried about a fellow Ram, or just need help navigating resources? The Dean of Students Office is here for you! Located in Hunton Student Center. Visit students.vcu.edu/dos.

Get Connected: sga.vcu.edu
The SGA (Student Government Association) is actively working with the five schools on the MCV Campus to increase communication and collaboration among various student organizations and departments. They aim to improve the student experience and ensure graduate and professional students are aware of the professional and social opportunities on campus.

The Well
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