



The Copebook Project:
Sketches, Scraps and Scatterings of
Undergraduate Medical Students Coping with Stress
Letter of Information

Dear Colleagues,

We invite you to participate in the Copebook Project. The goal of the Copebook Project is to provide students a forum for sharing their methods of coping with the stresses of medical school.

We invite you to submit a creative work to the Copebook– artwork, poetry, music, photography, etc.– to share with all medical students at the Schulich School of Medicine. Participation is voluntary. The time commitment will be variable and will depend on what you create. Your works will ultimately be displayed in a scrapbook available to all medical students and posted in an online gallery.

Rationale: *The Copebook project was conceived as a response to the stresses we face in medical school and the paucity of opportunities through which we can use creative means of expression; this project therefore attempts to address these two issues. By creating a collection of student works, the Copebook enables you to share your thoughts on coping and your medical school experiences with other students in creative and artistic ways.*

Consent: The Copebook Project works on a model of implied consent. By submitting a creative work, you agree that your work can be displayed publically and be made accessible on a public domain.

Methods of Submission: As we would like to keep the Copebook accessible to all students, *we ask that your submissions remain anonymous*; please do not include any personal identifiers. To ensure anonymity, we also ask that all works be submitted through the secure drop box located in the Medical Sciences Building locker room (MSB 179, locker 249) or submitted to the online gallery (www.uwomeds.com/copebook). If you need some inspiration, we have some prompts available in the locker and online. For those who cannot access the drop-box, (Windsor students or students away on electives) we ask that you submit to the online website. In addition to being displayed in the hardcopy scrapbook, all drop-box submissions will be scanned and uploaded online. Similarly, all online submission will be displayed online as well as printed and displayed in hardcopy form; thus both the hardcopy and online versions will be identical in content. You can refer to the



submission guidelines for more information. In order to preserve your anonymity, you will be unable to retract any submission. As the works of other students are on display in the Copebook, we strongly urge you to be respectful of these personal works.

Moderation of Content: The Copebook team (co-investigators) has the right to moderate the contents of the Copebook; *if any of the information is deemed inflammatory or offensive (in accordance with the UWO Code of Student Conduct), we will exclude these works from the scrapbook.*

Risks and Benefits: While creating your work on your experiences of stress and coping in medical school, you may experience stress. If you would like counseling, please contact the Office of Students Affairs (519-661-3744). Potential benefits from participating in this creative experience include: a cathartic experience through a unique method of self-expression, an opportunity for artistic creativity, and a sense of community and normalcy while viewing the Copebook.

We hope that you consider participating and enjoy this experience!

If you choose to participate please keep this Letter of Information for your records. If you have any questions about your rights as a research participant or the conduct of the study you may contact the Office of Research Ethics at (519) 661-3036 or by email at ethics@uwo.ca.

Sincerely,

The Copebook Team (copebook@gmail.com)

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