

## How to get the most from this course.

Before we dive into the units, you'll meet our experts and our team of peer support. First, you'll meet Alex Rolland. He's our Chief Research Director. He's an expert in molecular and cellular biology, as well as genetics. He's a wealth of knowledge of the latest advances in cancer care, and he's dedicated his career to helping people find the right treatments the first time. It is not an exaggeration to say that it is his passion and his calling, and we are grateful to have him with us. Next, you'll meet Michelle Morand. She's a clinical counselor and part of our client care team. Her role within the course is to help ground you so that you can retain the information we're sharing and think critically and clearly about what you're learning. Stress, anxiety, and fear impact our ability to retain information and think clearly. Few things are more stressful, overwhelming, or scary, than a cancer diagnosis and a journey through the cancer care system.

So Michelle's role here is to help you move peacefully and easily through this course, but not just the course. She's going to give you tools that you can use in your day-to-day life outside of these moments so that hopefully your journey through this experience is made more gentle through the tools she shares with you. Michelle's role at CTOAM as part of the client care team is to connect you with the tools and resources to get the access to the latest advances in cancer care. So she'll share some of that information with us as well. As we move through the course. You'll also get to know me. My role is to take complicated scientific information and turn it into bite-sized, easy to follow educational pieces. I've worked with the team of scientists, experts, and people with firsthand experience of cancer to create a comprehensive course that will help you understand your care and treatment and navigate the medical system.

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After our experts comes, the peer support team. While Michelle, Alex, and I all have expertise in our field of practice, the peer support team has personal experience that we do not, and their information is invaluable. Their insights and experiences are most closely aligned with your own, and they're the people best positioned to share it with you. They will tell you honestly and candidly about their experiences, lessons, and advice. I highly recommend you watch those videos and do not skip them. Each unit follows a similar format. You'll start with a video of me, welcome you into the unit, telling you what you're gonna learn and why it's important. You'll then move into a video from Michelle where she will ground you and prepare you for what you're gonna learn. The scientific information comes next and it'll be shared both by me and by Alex. I will share with you the basics of the scientific information, and Alex will come in for the finer details and the more complex science. After the science, the peer support team will come in and their videos. They'll share with you how this information applied to their cancer journey. They'll share with you their advice, experience, and lessons and how this information applies to a real world setting.

The unit ends with Michelle providing support for you to remember and retain the information that you were given, and she'll help you understand or find the tools and supports you need to apply it to your care or the care of a loved one. Inside each unit are sections for comments and questions. We invite you to post there, let us know if there's additional supports that could be useful for you, or if you have questions about the information covered in the unit, a member of our team will get back to you and your feedback and engagement helps us to build a more robust course where we can better meet your needs and the needs of others. So thank you so much for being here and we look forward to supporting you.