

GRAD STUDENT SUPPORT GROUP

Fridays from 9-10am at Olin Health Center

Grad school can take a lot out of you...

At times, it seems assumed you will experience high levels of stress, possibly anxiety and depression, and you are simply supposed to keep on pushing.

You are good at pushing yourself, but you may be wondering how much is too much?

At what point is your mental health or well-being at risk?

If you resonate with these thoughts, let's talk. Counseling and Psychiatric Services is forming a confidential support group this semester that will focus on helping you identify and address key points of stress in your life.

We can listen, help you process, offer support, or help you come up with actionable strategies to manage whatever is concerning you.

Parameters for participation:

This will be a closed group: once we start, we will not add new people.

We understand you may not be able to make every meeting, but we also expect if you decide to participate, you will try to be there consistently.



Cham, J. (2002, September 30). 'Post-bachelors disorder' [cartoon]. Piled Higher and Deeper.

A confidential place to process your experiences and challenges.

Topics May Include:

Stress management

Juggling competing responsibilities

Managing tensions with advisors, family and friends

Finishing your dissertation/thesis

Questioning your purpose and direction

WANT MORE INFORMATION?

Contact the group leaders:

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or

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Counseling and Psychiatric Services