WORKSHOP SERIES:
GRADUATE STUDENT MENTAL HEALTH & WELL-BEING

WHO: These workshops are designed to reach out to the entire graduate school community and discuss critical areas of concern underlying stress, anxiety, and depression. All graduate students are welcome to register!

WHAT: Important factors that influence mental health and well-being include 1) managing moments and feelings of social isolation [registration closed], 2) addressing and handling the pressure of financial difficulties, 3) managing areas of stress with regard to balancing research obligations and 4) family obligations, as well as 5) understanding and navigating your interactions and dynamic with your graduate advisor. This workshop series will provide presentations regarding resources and advice for each area as well as group discussion and feedback for how the university could address these concerns further.

WHEN & WHERE: Each workshop is 12:00PM – 1:30PM on the following dates:

PART 3: Research Obligations: May 3rd, 2017 UCD, Memorial Union [MU], De Carli Room – 2nd Floor
Please Register: https://goo.gl/forms/SuBQvQHfcXwTIYi22

PART 4: Family Obligations: May 10th, 2017 UCD, Memorial Union [MU], De Carli Room – 2nd Floor
Please Register: https://goo.gl/forms/pH5ucC0q0xOlBh5H2

PART 5: Interactions/Relationship with Advisor: May 15th, 2017 UC Davis, Memorial Union [MU], Garrison Room – 2nd Floor
Please Register: https://goo.gl/forms/KMhxIWuF6CGlex9l2

WHY: Happiness is of critical importance to success and at any point during graduate school challenges may arise that can negatively affect our personal lives. Therefore, maintaining a positive well-being and good mental health remains, and always will remain, a necessary concern of not just the graduate students, but the university as a whole.

*Space is limited. Workshops are independent of one another, but please feel welcome to attend as many of the workshops as you like.

**To receive more information, please contact Jay Jefferson pjjeff@ucdavis.edu with subject line “Graduate Workshop”

***Students who register for the workshop are encouraged to submit topic questions or general inquires when registering.

Sponsored by Professors for the Future (Graduate Studies) and Student Health and Counseling Services