WORKSHOP SERIES:
GRADUATE STUDENT MENTAL HEALTH & WELL-BEING
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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, 2) navigating your interactions and dynamic with your graduate advisor, 3) managing areas of stress with regard to balancing family obligations and 4) research obligations, as well as 5) addressing and handling the pressure of financial difficulties. 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: Each Workshop is from 12:00PM – 1:30PM on the following dates:

PART 1: Social Isolation: April 20th, 2017, UC Davis, Memorial Union [MU], De Carli Room – 2nd Floor

PART 2: Financial Difficulties: April 27th, 2017, UC Davis, Memorial Union [MU], Garrison Room – 2nd Floor

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.

PLEASE REGISTER: https://goo.gl/forms/o7KX6DRt5RzM8NUL2

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

For questions or to receive more information, please contact Jay Jefferson jpeff@ucdavis.edu

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