Wellness and Life Balance
To be successful in graduate school or postdoctoral training, it is important to maintain a balance between educational pursuits and wellness. GradPathways partners with Student Health and Counseling Services to provide counseling for students and workshops on topics such as stress reduction, physical activity and time management.

WORKSHOPS & EVENTS – SPRING 2019
Accountability for Thesis/Dissertation Writing Support
Thursday, May 9 | 11:00-12:30pm | MU, Garrison

COUNSELING SERVICES FOR GRADUATE STUDENTS
Counseling services are available by appointment and drop-in for emergency situations. Dr. Bai-Yin Chen is a psychologist specializing in college mental health and graduate student concerns and issues. If you would like to set up an appointment with Dr. Chen, e-mail her at bychen@ucdavis.edu or call 530-752-2349 to schedule an appointment with Dr. Chen or one of the other counselors.

COUNSELING SERVICES FOR POSTDOCTORAL SCHOLARS
The Academic and Staff Assistance Program (ASAP) offers confidential, cost free assessment, intervention, consultation and referral services to all UC Davis and UC Davis Health postdoctoral scholars, faculty, staff and their immediate families. To make an appointment call 530-752-2727 (main campus) or 916-734-2727 (medical campus).

AGGIE COMPASS – Basic Needs Center
Resources to assist with food insecurity, housing, financial support, and mental health

ACTIVITIES AND RECREATION CENTER
Campus Recreation (CR) recognizes that physical activity is a key component of a healthy lifestyle. Incorporating exercise and recreation into your daily routine can increase your energy and improve your confidence. The CR Activities and Recreation Center (ARC) offers both informal and formal recreation opportunities, making it easy for you to keep fit, relax, have fun and meet your fitness goals.

RECREATION AND ACTIVITIES
UC Davis Recreation and Activities is an inclusive environment where everyone is welcome regardless of background or level of experience. With six centers, 11 program areas and five outdoor fields, Campus Recreation can help you find your center.

TA WELL-BEING PROGRAM
Connect with a network of TAs and learn about well-being for yourself and your students.

Visit our website to view a full listing of this quarter’s events, or click on a competency below to see events in these categories:

- Success and Socialization
- Writing and Publishing
- Presentation Skills
- Teaching and Mentoring
- Leadership and Management
- Professionalism and Ethics
- Career Management
- Wellness and Life Balance