

Thriving in GRADUATE SCHOOL

Join **Thriving in Graduate School** to learn how to cultivate well-being in your personal, academic, and professional life.

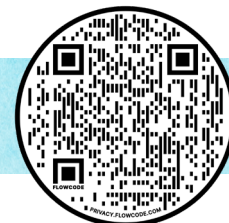
By joining Thriving in Graduate School, you will:

- Receive **weekly emails** with tips to help you incorporate well-being practices into your life
- Learn tools for creating conditions for **well-being** in group spaces like labs, classrooms, and organizations
- Be invited to a virtual community to stay connected and **share your experience** with one another
- Attend community building events



Balancing the demands of life as a graduate student can be stressful and challenging, but you don't have to do it alone. Join a community of staff and students that are here to help you thrive.

Join Thriving in Graduate School: bit.ly/ucdtgs



UCDAVIS
STUDENT HEALTH AND
COUNSELING SERVICES

UCDAVIS
GRADUATE STUDIES

UCDAVIS
DIVERSITY, EQUITY
AND INCLUSION