

The Student Counseling Service will be offering a group designed specifically for graduate students to help them manage the various stressors that are a part of the graduate school experience.

GRADUATE STUDENTS' SUPPORT GROUP

TIME: Tuesdays 5:00 – 6:30 p.m.

The group aims to provide a safe and supportive setting for members to process their frustrations and concerns related to the graduate school experience. Topics will be driven by group members, but may include: social adjustment and loneliness, handling conflicts with peers and professors, feelings of inadequacy (“imposter syndrome”), assertiveness, stress management, balancing family life and academics.

Please call the Student Counseling Service at 845-4427 for additional information and/or to schedule an individual meeting with the group facilitators.