GRADUATE & PROFESSIONAL SCHOOL STUDENT SUPPORT FORUM

A supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, sustaining motivation, recovering from set-backs, work/life balance, and navigating interpersonal challenges (personal and professional).

Fall 2019
Drop In
Tuesdays 12 - 1 pm
Oct 8 - Nov 26
(weeks 2 - 9)
GSA Grad Lounge
Original Student Center
(by Triton Food Pantry & Art of Espresso)

Facilitated by:
Miriam Adrianowicz
Psy.D.
Post Doctoral Resident

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call CAPS central office at (858) 534 - 3755 to arrange an appointment.