Resilience: Graduate & Professional School Students Support Forum
Time: Wed, 2 - 3 pm, 1/16 - 3/13 | Location: GSA Grad Lounge, Original Student Center
A supportive, drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, recovering from set-backs, work/life balance, and navigating interpersonal challenges.
Contact: Christina Lambert, Ph.D. or CAPS Central Office at (858) 534-3755

Graduate & Professional School Students of Color Forum
Time: Tue, 1 - 2 pm, 1/15 - 3/12 | Location: GSA Grad Lounge, Original Student Center
Join us to connect and discuss experiences as graduate students of color. This forum will provide a supportive space to discuss topics from a multicultural lens, including: stress management, well-being, communication with your advisor(s), imposter syndrome, family responsibilities, relationships (romantic or social), multicultural identities, sociopolitical climate, experiences of discrimination, and more.
Contact: Dr. Niyatee Sukumaran at (858) 534-9057

WISE Forum: Graduate Women in Science and Engineering
Time: Wed, 1 - 2 pm | Location: 190 Galbraith Hall, By Referral Only
Please join us for a weekly support group for graduate women in the sciences or engineering fields where women are underrepresented. Our goal is to foster a sense of community and support toward the attainment of goals, and to encourage self-empowerment to increase and develop a vision for one’s personal and professional life.
Contact: Judy Goodman Fermin, Ph.D. at 858-534-9799

Stress Management / Self-Preservation Workshop Series
Time: Wed, 1 - 2 pm, 2/20 & 2/27 | Location: GSA Grad Lounge, Original Student Center
Learn to use mindful self-compassion as an effective stress management strategy. Engage in relaxation & mindfulness. Participants are welcome to drop in for one or both workshops. Based on the work of researchers Kristin Neff, Ph.D. & Christopher Germer, Ph.D.
Contact: Christina Lambert, Ph.D. or CAPS Central Office at (858) 534-3755

Graduate & Professional School Students: De-Stress With Biofeedback
Time: Wed, 1 - 2 pm, 1/16, 1/30, & 2/13 | Location: GSA Grad Lounge, Original Student Center
Learn to manage your stress by using relaxation techniques while your physiological markers are monitored. Drop in for 15 minute individual consultations. Facilitators are Dr. Ming-Che Tu and Dr. Niyatee Sukumaran.
Contact: Dr. Niyatee Sukumaran at (858) 534-9057

Questioning Career: Designing the Life You Want
Time: Wed, 10:30 am - 12 pm, 1/30 - 2/27 | Location: Student Center, Dolores Huerta Room
This unique, five-session workshop series helps graduate students and postdoctoral scholars to clarify their career path and create the life they want. Workshops include a variety of dynamic exercises and valuable assessment tools, proven to increase confidence in making career choices congruent with one’s personality, values, and strengths. Past participants have felt empowered to identify their transferable skills and take control of their career decision making process. Facilitators are Christina Lambert, Ph.D. and Wesley Kayne, Ph.D.
Contact: gradvantage@ucsd.edu

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.