

Graduate Student Support Group

Fall 2017



Having a hard time balancing the demands of graduate school, work, and family?

Does completing your thesis or dissertation feel intimidating?

Do you often feel overstressed, overwhelmed, overworked, or unmotivated?

If you answered YES to any question above, the Graduate Student Support Group might be able to help! This free and confidential group provides a space for you to talk about your concerns and to learn how to cope with daily stress.

This group is open to ALL graduate students, regardless of major or year in the program.

To join, stop by the Counseling Center for a short appointment OR just show up to the next meeting!

Thursdays from 12pm-1pm

LSC 206



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