



Support Group Series for Graduate Students

Counselling Services, Wellbeing and Graduate and Postdoctoral Studies have developed a series of six support group sessions designed specifically for graduate students centered around known stressors many graduate students are faced with. Bringing together key campus partners with Counselling Services, Wellbeing, and Graduate and Postdoctoral Studies, the aim of each will be to identify and address key mental health concerns, foster resiliency, develop proactive coping strategies, identify resources, and create social connections through discussions. This pilot was created out of the identified need for more strategic mental health support for graduate students as highlighted in the Graduate Student Wellbeing Status Report (2017), a joint partnership between the Office of the Vice-President Students and Graduate and Postdoctoral Studies. We will be offering six sessions throughout the 2019/2020 academic year, each centered on a different theme known to be an area of heightened stress for graduate students. These sessions are best suited for graduate students who feel overwhelmed in the identified topic areas and are wanting support to make a change.



Registration required. For information and to register:

<https://www.grad.ubc.ca/current-students/professional-development/theme/health-wellness>

Careers and Graduate Student Well-being:

Many graduate students identify career prospects as a dominant/primary source of stress. Some stress might produce motivation, but intense stress around future career prospects can actually impede progress in a program, and hold students back from taking the actions that will help them to succeed and thrive in graduate school, and beyond. This session aims to support current graduate students in fostering resiliency and developing proactive coping strategies. If you believe that stress about career prospects is holding you back from the graduate school experience you want to have, please join us for this session.

Tuesday, August 20th 11:30am - 1pm
Dodson Room, IKLC
Lunch will be provided

Facilitators:

Danielle Barkley, Educator, Career & Professional Development, Centre for Student Involvement and Careers
Karen Flood, Psychologist, Counselling Services

Work Life Balance:

As a graduate student, you likely have multiple roles and responsibilities - perhaps as a student, an employee or a partner and parent. Each of these roles entail different responsibilities and commitments. How these responsibilities align with your personal priorities and relatedly, how you choose to spend your time, can contribute to your sense of work/school-life balance. Are you struggling with how your academic responsibilities align with your personal priorities and how you choose to spend your time? This session will allow you to reflect on these and how they contribute to your sense of work/school-life balance.

Thursday, August 22nd 11:30am - 1pm
Dodson Room, IKLC
Lunch will be provided

Facilitators:

Levonne Abshire, Health Promotion Strategist, Health Promotion and Education
Karen Flood, Psychologist, Counselling Services

Stay tuned for future sessions on finances, supervisory relationships, imposter syndrome, and perfectionism and procrastination.