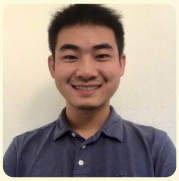
TUESDAY, MARCH 2
4:00 PM
REGISTER AT IEVENTS.UCSD.EDU

CULTURE SHOCK & MENTAL HEALTH

INTERNATIONAL GRADUATE STUDENTS

THE PLACES WE'VE BEEN.
THE STORMS WE'VE WEATHERED.
THE HOMES WE CREATE.



Thomas
Graduate Well-Being Associate
Presenter

Alejandra
Graduate Well-Being Associate
Presenter

Gabriel
ISPO Graduate Intern
Q&A

Dr. Rina Schul
CAPS/ISPO Liaison
Q&A

Tips & Resources for:

- Building community wherever you are
- Sustaining wellbeing during complex times
- Cultivating confidence in new settings

UC San Diego
STUDENT HEALTH AND WELL-BEING

UC San Diego
Graduate Division

CAPS4GAPS
Counseling and Psychological Services for Graduate and Professional School Students

UC San Diego
International Students & Programs Office

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.