



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



Community Forums for Graduate and Professional Students | Summer 2025

Community Connections offers support spaces where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These programs are open to all registered UC San Diego students and are free throughout the quarter.

ADHD Support for Graduate and Professional Students

Fridays 2–3pm, (7/11, 8/8, 9/5)

This summer the ADHD meetings offer a supportive space for graduate students to come and share experiences, challenges, and strategies related to managing symptoms. Open to anyone who identifies with having ADHD struggles, each session's content will be guided by community members. There will be three sessions total and in-person. Space is limited and RSVP is required. Please email Dr. Crystal Dixon for information details and meeting reminders.

Contact(s): Crystal Meng Dixon, Psy.D.; crdixon@health.ucsd.edu

Ceviche Hour: A Colectivo for Latinx/e Graduate & Professional Students

Mondays 12:30–1:30pm, Week 1 (6/30) – Week 9 (8/25), Except 7/14

Just as every Latine country has its unique twist on ceviche, each of us experiences the journey of being a graduate and professional student differently. Join Dr. Araceli López-Arenas to build community and share “recipes” for handling challenges like imposter syndrome, stress, and professional growth. We will also share strengths contributing to “ganas,” persistence, and resilience. It’s challenging to find time for our well-being, so let’s gather, enjoy some snacks, and support each other. Come as you are, for as little or as much time as you can! Contact Dr. Araceli for more information or to be added to the email reminder list.

Sign-Up Form: <https://forms.gle/E8Ver47mY2UU4hLt5>

Location: Hybrid: in-person at Raza Resource Centro Conference Room, Pepper Canyon Hall Level 2, Room 264 and via Zoom at <https://uchealth.zoom.us/j/84321598294>

Contact(s): Araceli López-Arenas, Ph.D., M.P.H.; lopezara@health.ucsd.edu

Co-Curricular Record Well-Being Certificate

As part of the Tritons Flourish initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students’ well-being and build a community of care on our campus.



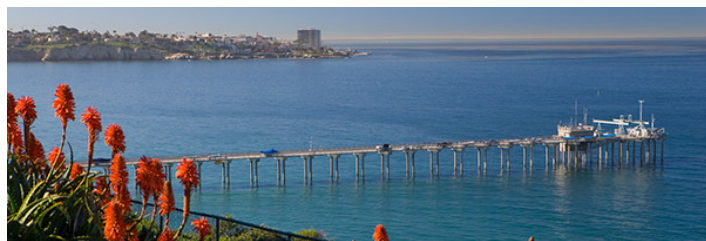
To learn more please visit the [Co-Curricular Record](#) website.

Grad Connections

Tuesdays 10–11am, Week 2 (7/8) – Week 10 (9/2), Except 7/22

Join Us Tuesday Mornings for Community Connection! Take a break and recharge in this supportive space designed for graduate and professional students. Connect with peers, share experiences, and uplift one another through meaningful conversations. Topics are shaped by participants and may include burnout, imposter syndrome, work-life balance, motivation, post-graduation uncertainty, and more. This is a space to both give and receive support. Tea and snacks will be provided. All graduate and professional students are welcome! Please email Dr. Shemer for location information.

Contact(s): Haim Shemer, Psy.D.; hshemer@health.ucsd.edu



Grief Support for Graduate and Professional Students

Mondays 6–7pm, Week 2 (7/7) – Week 9 (8/25)

This is a safe and supportive meeting for graduate and professional school students who wish to work through grief and loss related to death of a loved one. This meeting offers an opportunity to connect with other students experiencing loss. Topics are determined by Community Connection participants and can include physical and emotional reactions of grief, impact of grief on other aspects of life, and self-compassion. Participants are encouraged to give and receive support. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Lisa Stal, CAPS psychologist. If interested, please contact Dr. Stal to obtain the meeting zoom link.

Contact(s): Lisa Stal, Ph.D.; Lstal@health.ucsd.edu

Queer Community Connections for Graduate and Professional School Students

Wednesdays 4–5:15pm, (6/18) – (9/24)

This in-person connections space exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses on Queer issues and/or general graduate and professional student issues. Examples include personal and professional relationships, Queer topics in academia and media, intersectionality, minority stress and coping with Imposter Syndrome. Conversations will be facilitated by Dr David Kersey. To learn more, please contact David Kersey. Students are welcome to walk-in to a meeting as well.

Location: Murray's Place, Student Health Services

Contact(s): David Kersey M.D.; dkersey@health.ucsd.edu

WISE: Graduate Women in Math, Science, and Engineering

Wednesdays 1–2pm, Week 2 (7/9) – Week 10 (9/3)

WISE provides an opportunity to connect and support women in STEM fields. Come experience a sense of community, support in goal attainment, and encouragement in your personal and professional life. For more information, please contact Lisa Stal. All students are welcome.

Contact(s): Lisa Stal, Ph.D.; Lstal@health.ucsd.edu

These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at 858-534-3755 to arrange an appointment.

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Review [Proposition 209](#). Learn more about the [University of California Anti-Discrimination Policy](#).

