

# BURN BRIGHT, Not Out

A Support Forum for Graduate  
and Professional Students  
Interested in Preventing and  
Overcoming Burnout



**Dr. Mojgan Jahan**  
CAPS Psychologist



**Emily Ho**  
Graduate Well-Being Associate



**Alejandra Chaidez**  
Graduate Well-Being Associate

**WEDNESDAYS, 1-2 PM   APRIL 7 - JUNE 2, 2021   VIA ZOOM**  
**<https://ucsd.zoom.us/j/95090531801>**

A supportive drop-in space for graduate and professional students seeking strategies for preventing and overcoming burnout. Common themes include: stress/worry management, sustaining motivation, recovering from set-backs, hybrid/remote work, and navigating interpersonal challenges (personal and professional).

Contact Mojgan Jahan, PsyD, [mjahan@health.ucsd.edu](mailto:mjahan@health.ucsd.edu) for more information.

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.