Request A Program

Graduate Well-Being Associates

VIRTUAL PROGRAMS

- **STRESS MANAGEMENT**: Tackling Graduate School in the context of COVID-19 and sociopolitical events
- **IMPOSTER SYNDROME**: Strategies for Graduate Students
- **SELF COMPASSION**: Building Inner Strength for Graduate School
- **MANAGING PROFESSIONAL RELATIONSHIPS**: Graduate Students Working with Collaborators and Advisors
- **WRITE TO HEAL**: Journaling for Well-Being in Graduate School
- **16 GRADUATE PERSONALITIES**: Optimizing Personality for Success in Graduate School
- **CULTURE SHOCK**: Feeling at Home as an International Student in Graduate School
- **BURN BRIGHT, NOT OUT**: Overcoming Graduate School Burnout

Request a program for your graduate department or organization at: https://tinyurl.com/ucsandiegogradwellrequest

UC San Diego
STUDENT HEALTH AND WELL-BEING

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