

INTERNATIONAL STUDENTS, SPRING 2022

# LET'S TALK

Informal well-being consultations via Zoom for undergraduate and graduate international students

Facilitated by:  
Dr. Rina Schul  
CAPS/ISPO Liaison



Informal support for international students with general well-being related issues such as stress, adjustment, cross-cultural challenges, motivation, focus, and relationships. Let's Talk sessions are designed to provide practical strategies, information, and support.

**March 30 to June 1**

**Wednesdays 3:30-4:30 PM PST**

Please look at <https://tinyurl.com/ispoletstalk> for more details, including the sign-up and Zoom links.

*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.*

UC San Diego  
International Students  
& Programs Office



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