

INTERNATIONAL STUDENTS, WINTER 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.

Wednesdays 3:30-4:30 PM PST, Winter Quarter 2022

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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