

VIRTUAL OFFERING FOR WINTER 2022

# LET'S TALK

Informal one-on-one well-being consultations for undergraduate students in the Jacobs School of Engineering (JSOE)

## Facilitated by:

Wen-hsin Chang, PhD  
CAPS Psychologist



Students can receive support with issues such as stress/worry, sleep, motivation, focus, and relationships. Let's Talk sessions are designed to provide practical strategies, information, and support.

## Wednesdays: 12:30–1:30 PM

Meetings are 30 mins via Zoom, and a student can sign-up for two Let's Talk meetings per quarter.

Find instructions on how to sign-up and more info here:

<https://caps.ucsd.edu/letstalk>

*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**  
STUDENT HEALTH AND WELL-BEING  
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