

VIRTUAL OFFERING FOR FALL 2020

LET'S TALK

Informal Wellness Consultations via Zoom for
Graduate Students in the Department of
Computer Science and Engineering

Facilitated by:
Dr. Fengqin Lian
CSE Wellness Advisor



Informal support with issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let's Talk sessions are designed to provide practical strategies, information, and support regarding general wellness-related issues. The sessions are available in Mandarin and English.

Mondays 2:00 - 3:30

Please look for an email from your Director of Student Affairs with more details, including the sign-up and Zoom links. The sign up process is anonymous. At the beginning of the conversation Dr. Lian will ask for your name, student ID, and location.

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
Counseling and Psychological Services



UCSD CSE
Computer Science and Engineering



CAPS4GAPS
Counseling and Psychological Services for
Graduate and Professional School Students