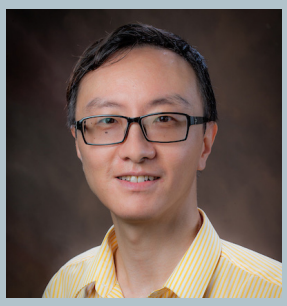
VIRTUAL OFFERING FOR FALL 2021

LET'S TALK

Informal one-on-one well-being consultations
for graduate students in the
Department of Computer Science and Engineering

Facilitated by:

"Fred" Tong-An Shueh, PhD
CAPS Psychologist and
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 well-being related issues. Available in Mandarin and English.

Tuesdays: 10–11 AM

Thursdays: 3–4 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.

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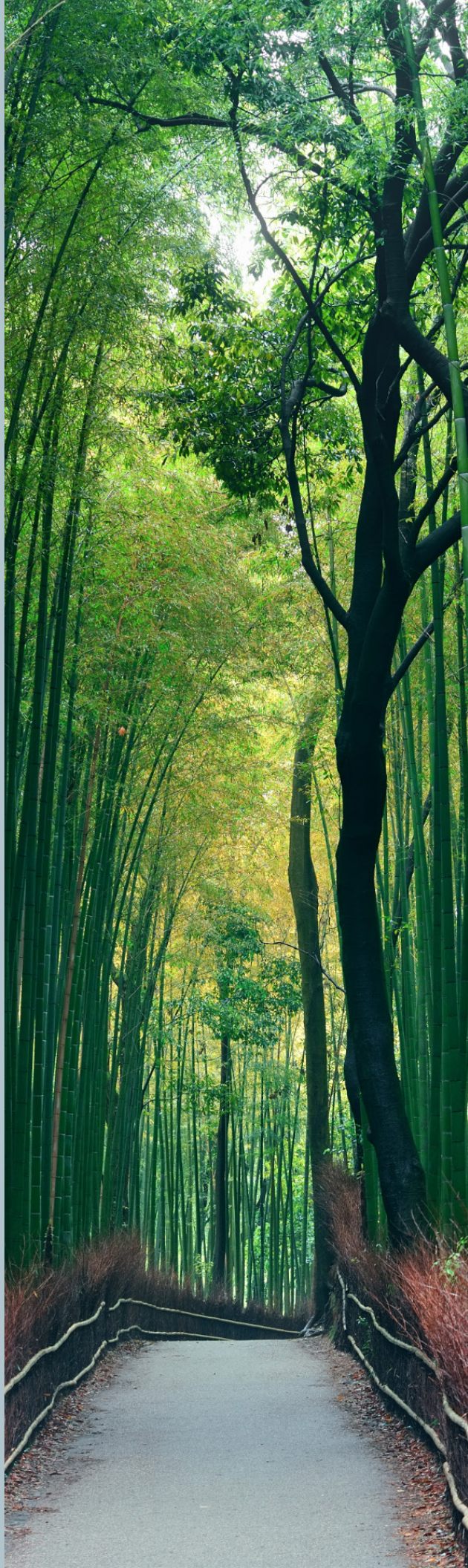
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