

VIRTUAL OFFERING FOR FALL 2021

LET'S TALK

Informal Consultations for Graduate and Professional Students

Informal one-on-one CAPS consultations for issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let's Talk provides practical strategies, information, and support for general well-being issues.

October 6 – December 10



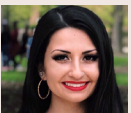
Dr. Tyler Hatchel:
Thursdays, 1–2pm



Dr. Christina Lambert:
Wednesdays & Fridays, 10–11am



Dr. Fengqin Lian (English & Mandarin):
Wednesdays, 3:30–4:30pm



Dr. Nava Sedaghat:
Fridays, 9–10am & 11am–12pm



Dr. Haim Shemer (English & Hebrew):
Thursdays, 2–3pm

Meetings are 30 minutes via Zoom. Students can sign-up for two Let's Talk consultations per quarter.

Please visit the [CAPS website](#) for more information and [sign up](#) in 3 easy steps. Upon arrival, you will be asked to show your student ID and to share your 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

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Counseling and Psychological Services

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GRADUATE DIVISION



CAPS4GAPS

Counseling and Psychological Services for
Graduate and Professional School Students

