INTERNATIONAL STUDENTS, WINTER 2021

LET'S TALK

Informal wellness consultations via Zoom for undergraduate and graduate international students

Facilitated by:
Dr. Rina Schul
CAPS/ISPO Liaison

Informal support for international students with general wellness-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.

Mondays 3:30-4:30 PM PST, Winter Quarter 2021

Please look at https://ispo.ucsd.edu/programs-workshops/programs-events/lets-talk.html for more details, including the sign-up and Zoom links. The sign-up process is anonymous. At the beginning of the conversation Dr. Schul 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
International Students & Programs Office

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STUDENT HEALTH AND WELL-BEING
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