

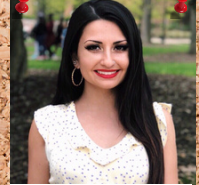
TRITONS

Declassified

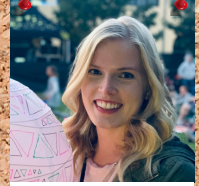
**A SURVIVAL GUIDE
FOR GRADUATE AND
PROFESSIONAL
STUDENTS**



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CAPS Psychologist



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Tritons Declassified is a drop-in forum for graduate and professional students looking for support and connection. Topics may include imposter syndrome, stress management, academics, cultural concerns, and coping with COVID-19 related struggles. Facilitated by Dr. Mojgan Jahan, Dr. Nava Sedaghat, and Anja Payne.



<https://uchealth.zoom.us/j/89999833966>

OCT 12- NOV 30

Tuesdays @ 12pm

Fall 2021

For additional information, please contact
Nava Sedaghat, Psy.D. at 858-534-3755, nsedaghat@health.ucsd.edu

This forum 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.

