International Graduate Students Therapy Group
Offered by Shuchang Kang, PhD and Miral Malik, MA

Group Description:
International graduate students oftentimes face unique professional, personal, and immigration-related stressors that impact their emotional well-being. This group aims to help our international graduate students to feel connected, supported, and empowered.

Time:
10:00 to 11:30 am on Fridays, starting Week 3 till Week 10.

Venue:
Zoom and 2 in-person meetings

Dissertation Writers Group
(Section for International Students)
Offered by Shannen Vong, PhD

Group Description:
The group is intended for graduate students wanting a safe and supportive space to discuss issues and challenges regarding the thesis or dissertation writing process. Topics are generated by group members, and have included (and not limited to) procrastination, writer's blocks, perfectionism, time management, discrimination and marginalization, campus and broader sociopolitical climate issues, confidence issues, conflicts with peers and committee members, and work/life imbalance. There is no writing or sharing of writing involved; however, weekly goal-setting is a key feature of the group.

*This quarter we are offering one section of the groups for international students only.

Time:
Wednesdays 2-3:30pm (international students only)
Starting week 1 or 2 depending on recruitment

Venue:
Zoom

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