



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services

COMMUNITY FORUMS FOR GRADUATE AND PROFESSIONAL STUDENTS

Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all registered UC San Diego students.

SUMMER 2024

Latine/x Support Forum for Graduate and Professional Students

Mondays 12:30-1:30pm, July 1 – August 26

¿Es Difícil Ser Estudiante? (Is it difficult being a student?). Join Dr. Araceli López-Arenas as we build community and discuss experiences related to being a Latine/x graduate and professional student. Topics are determined by forum participants and can include imposter syndrome, self-compassion, thesis/dissertation writing, post-graduation plans, stress, anxiety, acculturation, family/cultural issues, factors that impact productivity, social justice, and strengths that contribute to "ganas," persistence, and resilience. As grad/professional students, it's challenging to find time for our well-being, so let's come together, have a bite to eat (light snacks will be provided), and come as you are for as little or as much as you are able to! Contact Dr. Araceli for more information or to be added to the email reminder list!

Location: Raza Resource Centro, Pepper Canyon Hall, Conference Room 264

Contact: Dr. Araceli López-Arenas, Ph.D., MPH; lopezara@health.ucsd.edu

LGBTQ Community Forum for Graduate and Professional Students

Wednesdays 4–5:15pm, June 12 – September 11, Except June 26, July 3, July 17, and July 31

This in-person forum for persons who identify as LGBTQ+ exists to create space for community development and to foster a sense of belonging. The content is guided by community members and often focuses on LGBTQ and/or graduate and professional student issues. Examples include personal and professional relationships, queer topics in the academia and media, intersectionality, minority stress and coping with imposter syndrome. Conversations will be facilitated by Dr David Kersey. Students are welcome to walk-in to a meeting as well. Please arrive before 4pm as doors to the building are locked at 4pm.

Location: Student Health Services, 2nd Floor, Murray's Place

Contact: Dr. Kersey; (858) 534-3050; dkersey@health.ucsd.edu

Grief and Loss Support Forum for Graduate and Professional Students

Thursdays 4–5pm, June 20 – September 19, Except July 4

This is a safe and supportive forum for graduate and professional school students who wish to work through grief and loss related to death of a loved one. This forum offers an opportunity to connect with other students experiencing loss. Topics are determined by group participants and can include physical and emotional reactions of grief, impact of grief on other aspects of life, and self-compassion. Group participants are encouraged to give and receive support. The journey is different for each person; there is no single pattern for grief. Conversations will be facilitated by Dr. Fengqin Lian, CAPS psychologist. If interested, please contact Dr. Lian to obtain the forum zoom link.

Contact: Fengqin Lian, Ph.D.; flian@health.ucsd.edu



These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.

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