

Graduate & Professional Student Programs

Student Wellness recognizes to enhance the health of graduate and professional students, programs and initiatives must address the issues which most commonly impact the wellbeing of this student population.

Graduate and professional students experience a different academic dynamic, essentially because they are more isolated and operate on a more individualistic paradigm. As older students, oftentimes with families and/or with professional work obligations and children, there are different sets of concerns and emotional burdens. We provide proven and effective programming to supporting a healthy life experience and helping improve academic performance.

[Graduate and Professional Student Resource Fair and Well-being Symposium](#) [1]

The inaugural resource fair and well-being symposium is a joint effort among The Graduate School and its Diversity and Student Success program, Graduate and Professional Student Government, and Student Wellness. It is open to all graduate and professional students at UNC-Chapel Hill.

When- February 17, 11:00 a.m. - 1:00 p.m

Where- Student Union Great Hall

[Learn more here.](#) [1]

[Wind Down Wednesday](#) [2]

Wind Down Wednesday is a virtual mental fitness series created by the Gilling's School of Public Health to help students to maintain a healthy school-life balance. The series is now open to all graduate and professional students on campus.

[Register here.](#) [2]

Specific Workshop Request for Graduate Student Groups

Student Wellness offers topic specific workshops to graduate student groups who request niche programming for their student cohort groups. To access the full list of topic specific workshops, and to request a topic specific workshop, please email Shahnaz Khawaja at skhawaja@unc.edu [3]

Please note that you must be affiliated with the graduate student community hosting the events to attend the sessions. Examples of workshops are:

- *Navigating Conflict Through the Lens of Fight, Flight, Freeze and Fawn Responses*
- *Communication Hits and Misses*
- Emotion Regulation
- *Healthy Relationships Outside of Work and Academia*

Sister Talk After Dark (S.T.A.D.) [4]

Graduate and professional students experience a different academic dynamic, essentially because they are more isolated and operate on a more individualistic paradigm. This group aims to increase a sense of belonging and resiliency.

R.E.A.L TALK (Resiliency, Education, And Leadership) Talk [5]

Provides a space for BIPOC (Black/Indigenous People of Color) and male-identified individuals on UNC's campus to engage and develop their sense of belonging, personal agency, and growth mindset.

Dimensions of Wellness Graduate Student Series with CUAB

This is a series of events that highlight a dimension of wellness each month, specifically for graduate students.

- **February is Social Wellness.**
 - 2/24/22 Join fellow grads for a night of Trivia centered around Sexual Health and Relationship Education! with the Pleasure Activists. [Learn more](#) [6]
- **March is Environmental Wellness.**
 - 3/8/22 Sleep Jeopardy at 3:00p in the Graduate Student Center. Fill out survey to enter a raffle for a weighted blanket & pillows. Sleep kits available.
 - 3/10/22 Come join CUAB and Student Wellness at the first annual Wellness Carnival. Learn about the 8 dimensions of wellness, how UNC can support your wellness and enjoy free food and prizes ! [Learn more](#) [7]

Other Resources Available to Graduate Students:

- [Wellbeing Coaching Services](#) [8]
- [Mental Wellbeing Resources](#) [9]
- [Nutrition Resources](#) [10]
- [Financial Resources](#) [11]

Source URL: <https://studentwellness.unc.edu/graduate-professional-student-programs>

Links

[1] <https://gradschool.unc.edu/events/resourcefair/>

[2] <https://tinyurl.com/y56fvr7b>

[3] <mailto:skhawaja@unc.edu>

[4] <https://studentwellness.unc.edu/programs/community-building-programs/sister-talk-after-dark>

[5] <https://studentwellness.unc.edu/programs/community-building-programs/real-talk-0>

[6]

<https://studentwellness.unc.edu/Trivia%20centered%20around%20Sexual%20Health%20and%20Rela>

[7] <https://hellife.unc.edu/event/7878968>

[8] <https://studentwellness.unc.edu/services/wellness-coaching-one-one-services>

[9] <https://studentwellness.unc.edu/resources/mental-wellbeing-resources>

[10] <https://studentwellness.unc.edu/resources/nutrition-resources>

[11] <https://studentwellness.unc.edu/resources/financial-resources>