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.

Virtual Wellness Circles for Graduate and Professional Students

While stress is a normal part of life, exposure to elevated levels of stress can accumulate and result in a buildup of allostatic load. Graduate students are particularly vulnerable to the adverse health effects that result from allostatic load build up. Join Shahnaz Khawaja to engage in activities that reduce stress and foster resilience.

- **Session 1- Fostering Resilience Through a Personalized Wellness Plan** [1]
  9/14/21 10:30am
- **Session 2- Fostering Resilience Through Mindfulness and Meditation Exercises** [2]
  9/30/21 2pm
- **Session 3- Fostering Resilience Through the Power of the Personal Narrative** [3]
  10/12/21 10:30am
- **Session 4- Fostering Resilience by Activating the Relaxation Response through Vagus Nerve Stimulation** [4]
  10/21/21 2pm
- **Session 5- Fostering Resilience Through the Gut-Brain Connection** [5]
  9/9/21 10:30am
- **Session 6- Fostering Resilience Through Self Holding** [6]
  12/7/21 10:30am
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 [7]

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.)** [8]

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**R.E.A.L TALK (Resiliency, Education, And Leadership) Talk** [9]

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.

**Other Resources Available to Graduate Students:**

- [Wellbeing Coaching Services](#) [10]
- [Mental Wellbeing Resources](#) [11]
• Nutrition Resources [12]
• Financial Resources [13]

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

Links
[1] https://apps2.research.unc.edu/events/index.cfm?event=events.go&amp;key=AD62
[2] https://apps2.research.unc.edu/events/index.cfm?event=events.go&amp;key=AD64
[3] https://apps2.research.unc.edu/events/index.cfm?event=events.go&amp;key=AD65
[5] https://apps2.research.unc.edu/events/index.cfm?event=events.go&amp;key=AD6D
[7] mailto:skhawaja@unc.edu
[9] https://studentwellness.unc.edu/programs/community-building-programs/real-talk-0
[12] https://studentwellness.unc.edu/resources/nutrition-resources