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 programing to supporting a healthy life experience and helping improve academic performance.

This spring Wellness is offering a variety of graduate specific programming including:

**Virtual Wellness Circles**

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**
  1/26/21 10am-11am [1]
- **Session 2- Fostering Resilience Through Mindfulness and Meditation Exercises**
  2/9/21 10am-11am [2]
- **Session 3- Fostering Resilience Through the Power of the Personal Narrative**
  2/23/21 10am-11am [3]
- **Session 4- Fostering Resilience by Activating the Relaxation Response Through Vagus Nerve Stimulation**
  3/16/21 10am-11am [4]
- **Session 5- Fostering Resilience Through the Gut-Brain Connection**
  3/30/21 10am-11am [5]
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.

Please note that you must be affiliated with the graduate student community hosting the events to attend the sessions below. Current programs on calendar:

- **Navigating Conflict Through the Lens of Fight, Flight, Freeze and Fawn Responses** - The Graduate School's Diversity and Student Success Program - 2/18/21 - 1:30pm-2:30pm (email Yesenia Pedro Vicente at yesipv@email.unc.edu to learn more and register)

- **Navigating Conflict Skills Practice Lab** - The Graduate School's Diversity and Student Success Program - 2/25/21 - 1:30pm-2:30pm (email Yesenia Pedro Vicente at yesipv@email.unc.edu to learn more and register)

- **Communication Hits and Misses** - Chemistry Department - 3/2/21 10am-11am (email Alexander Miller at ajmm@email.unc.edu to learn more and register)

- **Emotion Regulation Skills** - Royster Society of Fellows - 3/4/21 - 1pm-2:30pm (email Laura Pratt at lepratt@email.unc.edu to learn more and register)

- **Communication Skills Practice Lab** - Chemistry Department - 3/25/21 - 1:30pm-2:30pm (email Alexander Miller at ajmm@email.unc.edu to learn more and register)

- **Communication Hits and Misses** - The Graduate School's Diversity and Student Success Program - 3/11/21 - 1:30pm-2:30pm (email Yesenia Pedro Vicente at yesipv@email.unc.edu to learn more and register)

- **Communication Skills Practice Lab** - The Graduate School's Diversity and Student Success Program - 3/25/21 - 1:30pm-2:30pm (email Yesenia Pedro Vicente at yesipv@email.unc.edu to learn more and register)
Sister Talk After Dark (S.T.A.D.)

Sister Talk After Dark is designed to increase a sense of belonging, as well as, to give women of color, specifically, Black identified Graduate and professional women, the space, tools and resources to successfully navigate UNC-Chapel Hill. In addition to being a safe landing space for Black women on campus, Sister Talk After Dark provides several learning and developmental opportunities for a population that is historically underserved.

Sister Talk After Dark promotes and enhances self-efficacy, self-awareness, and self-advocacy, among other protective factors for Black women at UNC. This group also aims to strengthen resiliency among this cohort of students, as they exist at an intersection of gender and race which impact their experiences at a historically white institution (HWI).

?Meets Virtually: Every first Tuesday of the month 5p-6:30p (ZOOM)
To join, email: dholman@email.unc.edu [11].

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

R.E.A.L Talk provides a space for BIPOC and male identified individuals on UNC? s campus to engage, develop their sense of belonging, develop their personal agency and develop a growth mindset, develop tools for honing resiliency and grit. Graduate and professional male students of color help facilitate this cohort of students while in the process gain leadership skills and develop strong mentoring bonds. The year 2020-21 will be composed of upper class participants, as well as, first year students. No topic is off limits, rather broaching courageous discourse will aid in participants? growth, exploration and self-actualization.
To join contact dholman@email.unc.edu [12]

Other Resources Available to Graduate Students:

- Wellbeing Coaching Services [13]
- **Mental Wellbeing Resources** [14]
- **Nutrition Resources** [15]
- **Financial Resources** [16]

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

**Links**
[1] https://tinyurl.com/yyt569pp
[3] https://tinyurl.com/yx9df7wo
[5] https://tinyurl.com/y2dlbr4m
[7] mailto:skhawaja@unc.edu
[8] mailto:yesipv@email.unc.edu
[9] mailto:ajmm@email.unc.edu
[10] mailto:lepratt@email.unc.edu
[12] mailto:dholman@email.unc.edu
[14] https://studentwellness.unc.edu/resources/mental-wellbeing-resources
[15] https://studentwellness.unc.edu/resources/nutrition-resources
[16] https://studentwellness.unc.edu/resources/financial-resources