Thriving During Graduate School

UCI Counseling Center
University of California, Irvine

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Learning Objectives

• Learn about common challenges faced by graduate students
• Identify when support is needed
• Identify Campus Resources, including the Counseling Center
Transition to Graduate School

- Dealing with career issues/paths
- Creating new social relationships
- Taking on new roles
- Balancing multiple roles
- Setting limits when necessary
- Feelings of Inadequacy
- Adapting to a new place

- Handling academic transitions
- Working effectively with your advisor
- Competitive Climate
- Funding & Financial Challenges
- Personal Relationships
- Power Dynamics
Additional Challenges in 2020

- COVID-19
- Racial Unrests
- Environmental Concerns
- Election Year
Graduate School Word Cloud!
Common Mind Traps & Experiences

• Ever present sense of guilt and anxiety
• “I’m too busy to have a life”
• Feeling like an imposter
• “I can take better care of myself later – when I’m done with grad school”
• Constantly questioning your capability
• “I won’t be successful because I have the responsibility of . . .”
  • A spouse or partner
  • A family
  • Ill or aging parents
Setting yourself up for SUCCESS!

• Self Care:
  – A Healthy Diet
  – Good Sleep Habits
  – Regular Exercise
  – Time for Play and Relaxation
• Social Connections
• Communication
• Self Advocacy
Self Advocacy!

Speak up for what you need!
Mental Health & Graduate Students

• Depression and Anxiety amongst Ph.D. students
• Graduate Students use mental health services at UCI
  – 19% of campus population vs. 23% of UCI CC Clients (7/2018 – 2/2019)
Top 5 Reason Graduate Students Access the Counseling Center

- Academic Concerns
- Relationship Concerns
- Stress or Tension
- Nervousness or Fear
- Sadness
During the Current Climate

• Anxiety & Worry
• Economic Uncertainty
• Housing and Food insecurities
• Facing the unknown in the academic environment

• IMPACT: cognitive fatigue
Signs something might be off-balance:

- Academic Difficulty
- Heightened Stress and Anxiety
- Increased Physical Problems
- Exaggerated Emotional Responses
- Disruptive Behavior
- Persistent Sadness or Tearfulness
- Decreased Interest in Pleasurable Activities
- Loss of Self-Esteem
- Changed Social Relationships
- Increased Alcohol Use or Drug Use
Things that may help:

- Engage in Self Care Activities that work for you
- Exercise
- Break up your day
- Form support groups (virtual groups if needed)
- Ask for help
- Be realistic with deadlines
- Consider Counseling
We’re offering telebehavioral health services!

What does that mean?
UCI Counseling Center

**TELEBEHAVIORAL SERVICES OFFERED:**

- One-session Visit
- Initial Assessment
- Urgent Care
- Referral and Resource Support
- Short-term Individual Therapy
- Drop-in Groups
- Workshops
Things you Should Know about Remote Services!

- Free for all registered students
- Confidential
- Currently only able to offer services to students located in the State of California
- All Telebehavioral Health services are offered via Zoom sessions or Phone sessions
- You will need to secure a quiet space for your sessions
Graduate Programming

Graduate Student Therapy Group (Tuesdays 9:30am-11:00am)
• This is a process-oriented therapy group for graduate and professional students who would like to receive/provide support, learn about self and others, share their experiences, and discuss possible ways to cope with struggles in a safe space. The focus of the group will be determined by the members; possible topics may include academic distress, personal growth, relationship concerns, and work-life balance.

Graduate Student Workshop Series (Thursdays 4:00pm-5:00pm)
• This is a four-week workshop series for graduate and professional students and each week would have a topic such as: stress management, imposter syndrome, time management, and navigating academic relationships. This workshop series aims to help graduate and professional students understand their concerns related to each topic and develop skills to improve them.
  – Oct. 15th: Stress Management
  – Oct. 22nd: Imposter Syndrome
  – Oct. 29th: Time Management
  – Nov. 5th: Navigating Academic Relationships
  – Nov. 12th: Stress Management
  – Nov. 19th: Imposter Syndrome
  – Dec. 3rd: Time Management
  – Dec. 10th: Navigating Academic Relationships
For more information or to set up an appointment during remote operations

- Phone: (949) 824-6457
- Open Mon-Fri, 8am-5pm
- After hours service: Please call 949-824-6457 and select option “2”.
- Counseling.uci.edu
Counseling Center (On Campus)

- 203 Student Services I (across from Starbucks)
- Phone: (949) 824-6457
- Open Mon-Fri, 8am-5pm
- Free for all registered students

Our Services Include:
- Individual therapy
- Couples therapy
- Group therapy
- Referral and Resource Support
- Psychological Assessment
- Outreach & Consultation
- Crisis/Urgent Care
Resources at UCI

Wellness Health & Counseling
• Campus Social Worker
• Campus Assault Resources & Education (CARE)
• Disability Services Center
• Student Health Center
• Student Wellness and Health Promotion
• Anteater Recreation Center (ARC)

Campus Partners
• Graduate Division
• Cross-Cultural Center
• CSO Safety Escort Program
• International Center
• LGBT Resource Center
• Office of Equal Opportunity and Diversity
• UCI Student Housing
TAO (Therapy Assisted Online) Self-Help

• Online platform that provides tools and information to help you learn about struggles common to college students
• Develop skills and strategies to help you be successful academically and socially in college

• How To Use It?
  – Scan QR code
  – Create a profile
  – Begin working on the modules!
  – Once a profile is created you can download the app to Apple/Android device and connect anywhere!
  – Get more information at your “Suite Discussions”!
CONNECT WITH US!

UC Irvine Counseling Center

@ucicounselingct

@ucicounselingct

@ UCI Counseling Center

UCI CC App

Virtual Care Package

https://counseling.uci.edu/
Please fill out the Counseling Center Outreach Evaluation form by scanning the QR code on this slide. Or you can go to the following link that is placed in the text box.

[QR code image]

https://uci.co1.qualtrics.com/jfe/form/SV_5jMamFpLjdIA36B
Thank You For Joining Us!

Verification of Attendance

Event: Chemistry Ph.D. Orientation

Date of Event: September 14, 2020

Staff Member Name: Dr. Frances Diaz