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Graduate Student Support

Status:

Open

Meeting Day and Time:

Wednesday 2:30 - 4:00 pm | Friday 2:30 - 3:45 pm

Facilitated By:

Faye Hobgood, LCSW & Gabrielle Roy, M.A. | Antonia Pendleton, Psy.D. and Breezie Gibson, M.A.



This group provides a space for you to share about the unique experiences and challenges related to being a graduate student at UNC. Some themes we may discuss include: managing stress, navigating your graduate program, perfectionism, imposter syndrome, career planning, communication with advisors, identity concerns, relationships, mentoring/leadership, work/life balance, and self-care. Please contact Dr. T. Antonia Pendleton at tpendlet@email.unc.edu ^[1] if you are interested in participating.

Source URL: <https://caps.unc.edu/graduate-student-support>

Links

[1] <mailto:tpendlet@email.unc.edu>