Phi Alpha Theta Brown Bag series presents:

Graduate School and Mental Health: Part 1

With Mr. Joshua Love

Swinney Room (TMH 105)

Wednesday, October 4, 2017 from 5:00-6:15pm

At the start of the semester, students become preoccupied by their schedules, due dates and extra-curricular obligations. At some point students may lose track of their mental health; a vital aspect of personal and educational success. Stress and anxiety can certainly become part of daily routines, which could eventually become debilitating. At some point, students need to find healthy and effective outlets to alleviate those stressors. Many students are navigating living with invisible disabilities: including, but not limited to, anxiety, depression, learning disabilities and undiagnosed psychological disabilities. This presentation by Joshua Love, Outreach, Assessment and Retention Coordinator for the Office of Disability Services, will offer information on how to work with students living with disabilities and strategies for managing stress and anxiety, engaging positive self-care, and how to access support from the Office of Disability Services. Please join us for a time of engaged, interactive and supportive learning. Also join us on October 25, 2017 for a follow up to this self-care meeting—more information to become available soon.