



Supporting Graduate Students

Resources & Tips for EmPOWER's Peer Mentors

Allison Banbury, M.Ed., LPCMH
Center for Counseling & Student Development



Today we'll cover:

- Common issues facing all graduate students.
- Common issues facing marginalized students.
- Signs of trouble.
- Campus resources.
- Self-help ideas.
- How the CCSD can help.
- Fall 2021 group & outreach opportunities.
- Q&A

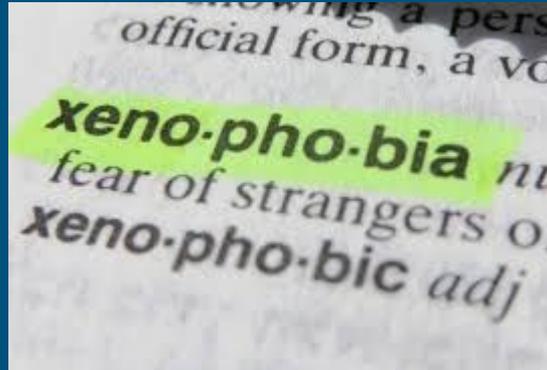
Common Issues:

- Making friends & establishing connections.
- Academic adjustment.
- Finances.
- Time management.
- Culture shock.
- Getting along with a roommate and/or academic cohort.
- The advisor/advisee relationship.
- Work/life balance.



Issues specific to Marginalized students:

- Racial trauma, anti-blackness
- Xenophobia
- LGBTQQIA+ (coming out, bias)
- Socioeconomically disadvantaged (food or housing insecure)
- Students with disabilities (accommodations, etc.)
- Covid-19's disproportionate impact on some communities



Signs of trouble:

Obvious:

- Missing class or lab time.
- Grades are falling.
- Student reaches out to EmPOWER
- Work is coming in late.
- Fellow students express concern.
- Professors express concern.
- Disturbing statements or behaviors.
- Tears.
- Threats against oneself.

Not-so-obvious:

- Student is quiet or rarely participates--**get curious about the silence**; reach out.
- Changes in eating/sleeping patterns.
- Student not connected to others.
- Student seems perpetually overwhelmed.



So, I'm worried.
NOW WHAT?!?



Ways to help students help themselves.

Listen, validate their feelings, and encourage them to:

- Practice basic self-care: nutrition, exercise, sleep
- Practice Acceptance, Gratitude, Mindfulness
- Make BALANCE a priority
- Identify and lean on support systems
- Resist isolation

Point them towards resources...



Campus Resources.

- Graduate College
- EmPOWER
- Advisor/Department
- Student Health Services
- Wellness & Health Promotion
- Center for Black Culture
- Student Diversity & Inclusion
- Student Organizations
- **Just to name a few!**



The Wellbeing Fee

What does it cover?

- Most service charges at Student Health Services
 - Men's & Women's health
 - Nutrition services
 - X-rays
 - Immunizations
 - Any service at the CCSD
 - Note: some services are limited and/or are only indicated in certain circumstances
 - Wellness & Health Promotion
 - Substance Use Counseling & Education
 - Victim Support Services
-

How the CCSD can help.

You can refer a student to our office for a triage appointment. We'll take it from there. We may offer the student:

- Immediate help in a crisis
- A psychoeducational workshop or class
- Individual or group counseling
- Assistance in connecting with on- or off-campus resources
- Consultation!



You can always access our website for the most up-to-date information:

<https://sites.udel.edu/counseling/>

Operational Structure Fall '21.

Logistics:

- Open Mon. - Fri., 8 a.m. to 5 p.m. (Wednesdays until 7 p.m.)
- Serving all full- and part-time graduate and undergraduate students at the Newark and Lewes (via telehealth) campuses
- Located in the newly renovated Warner Hall, on the South Green
- Staffed by licensed psychologists, counselors, psychiatrists, and nurse practitioners
- Currently operating w/a hybrid model of both telehealth and in-person (masked) appointments
- Students typically begin with a “triage” appointment, where needs are discussed and potential treatment options explored

The Wellbeing Center at Warner Hall



Services Provided:

- Short-term (up to 8 sessions, typically 3-4), individual therapy
- Group therapy and “groutreach” programs
- Psychiatric Services
- Referral Services
- Emergency/Crisis Services
- Consultation
- Support for Self-Care

CCSD Reaches Graduate Students

Among our clientele, our greatest increase in demographics last year was among **graduate and professional students, who comprised 24% of our clientele**. This accounts for about 5% of all G&P students.

Most years, CCSD sees about 2,000 students for individual treatment. Last year, mostly due to Covid/remote work, the number of total students we worked with was decreased about 30%, which is in line with the national average for University Counseling Centers during 2020-21.

Academic Status	% of clientele
Freshman	17.46%
Sophomore	17.88%
Junior	22.22%
Senior	17.25%
Graduate/Professional Degree	24.34%
Other	0.63%

Services Specific to Graduate Students...

While we have SOME programs specifically geared towards graduate students, ALL of our services are designed to support and assist this population:

- Availability during fall and spring semesters to meet with graduate and professional students after 5pm for ongoing appointments
- CCSD is in the process of building a webpage dedicated to graduate and professional students and their specific needs



Feeling anxious, depressed or overwhelmed?
UD Helpline is here for you.
302-831-1001

UD Helpline
24 hours per day
7 days per week
365 days per year

Being a Blue Hen means having access to assistance. Reach a counselor any time of day or night at the phone number above, or visit www.udel.edu/counseling to learn about the many services that we offer.

The Division of Student Life is here to help you thrive in your #LifeAtUD.

CCSD
Victim Advocates available

UNIVERSITY OF DELAWARE
Division of Student Life
Counseling Services and a TRUSTED SUPPORT RESOURCE

Understanding Self and Others

Our Understanding Self and Others series is a space where you can find others who will help you better understand how you relate to yourself and how in turn that impacts your moods, functioning in daily life, and forming of relationships with others. Common topics that are discussed are how to cope with depression, anxiety, navigating challenging relationships, setting healthy boundaries with others, and living a more authentic and value driven life. We have several sections being offered this Fall below.

Graduate Student Section. Fridays
9:00 – 10:30 am.

Facilitators: Dr. Michele
Juarez-Huffaker & Dr. Ashton Winslow



CALM YOUR MIND. MANAGE STRESS.
INCREASE FOCUS. SLEEP BETTER.

Koru Mindfulness

Two Class Offerings this Fall...

4-WEEK CLASS ON ZOOM

4:45 - 6 P.M., WEDNESDAYS

STARTING SEPT. 29:

[HTTPS://BIT.LY/KORUBASICFALL2021](https://bit.ly/korubasicfall2021)

4-HOUR RETREAT IN WARNER HALL

1:00 - 5 P.M. SUNDAY OCTOBER 17TH:

[HTTPS://BIT.LY/KORURETREATFALL2021](https://bit.ly/koruretreathall2021)

Call the CCSD at 302-831-2141 if you have
questions or want more information!



UNIVERSITY OF DELAWARE
STUDENT LIFE



KORU
mindfulness



Join one of our free
workshops & get a
chance at winning a
\$20 giftcard!

ADJUSTING **BACK TO CAMPUS**

Virtual workshops to support you while you get back to campus life

Anxiety about socializing again? 9/9 Thursday 4-5pm

Anxiety management skills as you return back to interacting more
in person

Strength through self-compassion 9/13 Monday 1-2pm

Intro to being kinder to yourself and building strength and courage
during these difficult times

What is this life? Covid World edition.

Get support while learning ways to cope with new uncertainties in a
COVID world, all while juggling school, work, and relationships

Graduate students only: 9/20 & 9/27 Monday 1-2pm

Undergrad students only: 9/23 & 9/30 Thursdays 3 - 4 pm

I'm finally out of the house, now what? 9/21 Tuesday 2 - 3 pm

Learn what to expect while adjusting to a new life on campus. Great
for those new to experiencing the independence of campus life

Navigating living with others 9/28 Tuesday - 2 - 3pm

Learn what to expect when having roommates and how to better
communicate when living with others

To RSVP for any of these workshops
go to <https://bit.ly/3kjs9ZY>



Center for Counseling
& Student Development

If a Graduate Student appears to be in crisis.

The bad news? *It depends...*

- On the nature and severity of the crisis
- On the wishes of the student
- On the student's relationship with their advisor/department

The good news? *You can't mess this up...*

- Any office is better than no office
- We (the Graduate College, UDPD, CCSD, UD Helpline, Student Health Services, etc.) all work together to advance the welfare of our students
- Consult w/us!

If it's an emergency

- Call 911 if immediate risk
- If threat of suicide but student is safe at that moment, call CCSD or Helpline
- Consult, consult, consult!



Let's hear some questions!

