



PRESENTS

Graduate Student Mental Health Workshop

DISSERTATING THROUGH DISASTER

Do you feel stressed juggling coursework, TA work, research, and trying to have a life beyond school? Do you notice worry lines and premature greying?

You aren't alone!

63% of grad students suffer from anxiety!

This workshop is an open discourse on the 10 common stressors of grad-school, why they exist, and how to overcome them.



MARCH 23, 2021
5.30 PM - 7.00 PM
TUESDAY

Speaker:

Shawanee' Patrick

PhD Candidate of Mechanical Engineering

*Ex Program Coordinator, Louis Stokes Alliances for
Minority Participation*

Zoom link: <https://tamu.zoom.us/j/94856515125>

[Register here](#)

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Counseling and Psychological Services:

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