

Wellness and Life Balance

To be successful in graduate school or postdoctoral training, it is important to maintain a balance between educational pursuits and wellness. GradPathways partners with Student Health and Counseling Services to provide counseling for students and workshops on topics such as stress reduction, physical activity and time management.

WORKSHOPS

First-Gen Grads Roundtable and Networking Event: “The Challenges of First-Generation Identities in Graduate School”

Thursday, January 23 | 5:00-6:00pm | TBA

[Learn More and Register](#)

Cultivating Resilience: How to Call Out Self-Doubt and Lean on Your Values During Career Transition

Friday, Feb. 7 | 12:00-1:00 pm | Webinar.

[Learn More and Register](#)

Preparing for the Qualifying Exam: Managing Anxiety

Thursday, Feb. 27 | 11:00-12:00 am | MU, Garrison Rm.

[Learn More and Register](#)

Mastering Impostor Syndrome

Wednesday, March 4 | 2:00-3:00pm | SCC Rm. D

[Learn More and Register](#)

[STUDENT HEALTH AND COUNSELING SERVICES](#)

[GRADUATE STUDENT SUPPORT GROUPS](#)

[CAREER COUNSELING](#)

COUNSELING SERVICES FOR GRADUATE STUDENTS

[Counseling services](#) are available by appointment and drop-in for emergency situations. Dr. Bai-Yin Chen is a psychologist specializing in college mental health and graduate student concerns and issues. If you would like to set up an appointment with Dr. Chen, e-mail her at bychen@ucdavis.edu or call 530-752-2349 to schedule an appointment with Dr. Chen or one of the other counselors.

COUNSELING SERVICES FOR POSTDOCTORAL SCHOLARS

The [Academic and Staff Assistance Program](#) (ASAP) offers confidential, cost free assessment, intervention, consultation and referral services to all UC Davis and UC Davis Health postdoctoral scholars, faculty, staff and their immediate families. To make an appointment call 530-752-2727 (main campus) or 916-734-2727 (medical campus).

AGGIE COMPASS – Basic Needs Center

[Resources](#) to assist with food insecurity, housing, financial support, and mental health

ACTIVITIES AND RECREATION CENTER

[Campus Recreation](#) (CR) recognizes that physical activity is a key component of a healthy lifestyle. Incorporating exercise and recreation into your daily routine can increase your energy and improve your confidence. The CR Activities and Recreation Center (ARC) offers both informal and formal recreation opportunities, making it easy for you to keep fit, relax, have fun and meet your fitness goals.

RECREATION AND ACTIVITIES

UC Davis [Recreation and Activities](#) is an inclusive environment where everyone is welcome regardless of background or level of experience. With 6 centers, 11 program areas and 5 outdoor fields, Campus Recreation can help you find your center.

TA WELL-BEING PROGRAM

[Connect with a network of TAs](#) and learn about well-being for yourself and your students.

[View all Winter Quarter GradPathways Events](#)