

Fall 2009 Groups Program

Student Health Services

shs.wustl.edu/groups

Personal Growth Groups

Mondays 1:00-2:30 • Thursdays 1:00-2:30

These interactive groups explore our patterns of relating to others and ourselves. Group members have the chance to discover how others see them, cope with difficult emotions, resolve personal and interpersonal concerns, and achieve more satisfying relationships.

Dissertation Support

Wednesdays 4:15-5:30

This group offers support with the dissertation writing process and helps students discover ways to move past obstacles like procrastination, low motivation, isolation and other things that have them feeling stuck. Space is limited – sign up early!

Feeling Great: The Habits of Happiness

Wednesdays 1:00-2:30

This skills-based group draws from positive psychology research to teach concrete, practical exercises that enhance positive emotion, improve engagement with life, and foster a sense of meaning and purpose. Group members complete thought-provoking weekly assignments and have time to share their experiences with others.

Graduate Women

Fridays 10:00-12:00 • Fridays 12:30-2:00

This group supports women facing the challenges of graduate study. Topics often include balancing work and life demands, issues of motivation, productivity and meaning, relationship and parenting challenges, and coping with biases within one's field.

Fostering the Mind-Body-Spirit Connection

Mondays 4:15-5:45

This group incorporates a number of holistic strategies that help students quiet their mind and feel more focused. Each session allows time to practice relaxation techniques, deep breathing, and meditation exercises that help reduce stress and alleviate anxiety.

International Students

Day & Time TBA

This group is for international student to discuss their concerns, experience support, and gain resources from group members and facilitators. Typical concerns include adjusting to the U.S.A. and to Washington University, feeling stressed or isolated, and using English to communicate.

Groups are free and confidential.
All full-time Washington University students may participate.

Space is limited.

Call 935-7253 or email brent_beam@wustl.edu to register.