Fall 2010 Groups Program
Student Health Services
shs.wustl.edu/groups

Personal Growth Group
Mondays 3:00-4:30
This interactive group explores 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!

The Habits of Happiness
Thursdays 2:00-3:30
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 2:00-3:30
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.

Mind-Body-Spirit Connection
Mondays 2:00-4:00
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 and 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.

Contact Brent Beam to register:
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