



MARQUETTE
UNIVERSITY

BE THE DIFFERENCE.

Counseling Center Fall 2024 Drop-in Group

GRADUATE STUDENT WELLNESS GROUP

This group will examine the sources of stress, ways of coping, and the value of peer support in adjusting to the challenges of being a graduate student. Topics are flexible but may include: time management, financial stress, relationship concerns, burnout, isolation, and maintaining balance

No pre-registration is required for these groups. This group is drop in format, so students are welcome to attend one, some, or all of the groups during the semester.

**TUESDAYS 9/24, 10/8, 10/22, 11/5, 11/19 & 12/3
3:00-4:00PM**

✦ **Counseling Center** ✦
Holthusen Hall 2nd Floor
Room 205