

Attention Graduate Students! Need Help Managing Your Dissertation or Thesis Workload?

Join The Dissertation Support Group

Q What is the Dissertation Support Group?

A Dissertation Support Group is a forum for graduate students to talk about stresses related to starting and completing a dissertation/thesis, preparing for graduate exams, and navigating the university environment. Dissertation support group includes graduate students who have similar purposes and face similar challenges. For this reason, they understand each other and can provide necessary support.

Q Who will be in the Dissertation Support Group?

A The Dissertation Support Group consists of a group of multidisciplinary graduate students and is facilitated by a Counseling Center Psychologist who is familiar with group support and with the graduate student process.

Q What happens in Dissertation Support Group?

A Group participants typically discuss their problems and progress, share strategies, and learn new methods of managing time and goals, in order to be supported in the movement towards their respective goals. This is a process that many graduate students have found helpful.

Q How can Dissertation Support Group help me?

A

1. Dissertation Support group allows you to benefit from the ideas and resources of other graduate students.
2. It provides support from others who are experiencing similar challenges.
3. It can assist you in coping with isolation/loneliness that often accompanies the dissertation/thesis writing or advanced degree process.

UC Riverside
Counseling Center
Veitch Student Center,
North Wing
Riverside, CA 92527
951.UCR.TALK or
951.827.5531

COUNSELING.UCR.EDU

Potential group participants will meet with the group leader prior to group to determine if the group is right for you and to answer any questions you may have about the group process

Join Now!

If you are interested in joining the Dissertation Support Group, please call to schedule an appointment today.

951-UCR-TALK or 951-827-5331

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