UNDERSTANDING SELF & OTHERS

GRADUATE STUDENTS ONLY

Thursdays 2:30 - 4:00 pm

Facilitated by:
Michele Juarez-Huffaker, PhD & Sanil Mayikunnel, M.S.

The focus of the group is to promote a wellness perspective in all areas of graduate life. Areas of focus include relationships, academics, family, social and personal conflicts and strengths. The goal of the group is to optimize personal and academic success by promoting self-awareness and connection to others and the practice of new interpersonal skills.

To learn more about joining please contact us at 302-831-2141 and ask to speak with a counselor.

Center for Counseling & Student Development