



FINDING BALANCE IN GRADUATE SCHOOL

Graduate school offers exciting challenges and opportunities for professional and personal growth, but it can also bring financial, emotional, and social stresses.

As a graduate student, you probably balance many—sometimes competing—responsibilities and may question your ability to succeed in grad school. You might have trouble:

- managing finances & seeking external funding support;
- conducting research with mentors & peers;
- succeeding as a teaching or graduate assistant;
- mastering professional/clinical competencies;
- maintaining healthy relationships with friends & family;
- developing academic & professional networks;
- prioritizing self-care; or
- reconciling realistic & unrealistic expectations.

Remember that many graduate students experience these challenges, and resources exist to help you thrive.

When Should I Ask for Help?

Come see us if you are experiencing:

- Sadness or hopelessness
- Loneliness or a sense of isolation
- Doubts about yourself or your ability to succeed
- Excess stress or feeling overwhelmed
- “Imposter Syndrome” or a sense that you aren’t good enough to be where you are
- Anxiety or worry

If there is ANYTHING that is affecting your academic performance or your quality of life, we would love to help!

How can I get help?

Walk in during office hours or call anytime for immediate crisis care. You can also drop by or call to make an appointment or learn about other services including:

- group and individual therapy (by appointment)
- graduate student support group (Fridays 8:30 to 10 a.m.)
- Therapy Assistance Online or “TAO” (self-paced)
- workshops

The services offered at Counseling & Psychological Services are free & confidential for UTEP students.

Fall & Spring hours:

Monday & Tuesday 8 a.m. to 7 p.m.

Wednesday to Friday 8 a.m. to 5 p.m.

Summer hours:

Monday to Friday 8 a.m. to 5 p.m.

Bilingual services available | Servicios disponibles en español
Union West 202 ▪ (915) 747-5302
www.utep.edu/counsel

