



Supporting

Your

Graduate Student

Create a comfortable environment for honesty about availability

Promote socialization with peers and other in the graduate program

Provide relief from family/social responsibilities during peak stress times

Encourage open communication with professors and advisor/mentor

Check-in: keep up to date with what your student is working on and how you can support

Remind your student that graduate school is temporary.

Promote self-care and remind your student of university wellbeing resources

Watch our family session video [HERE!](#)