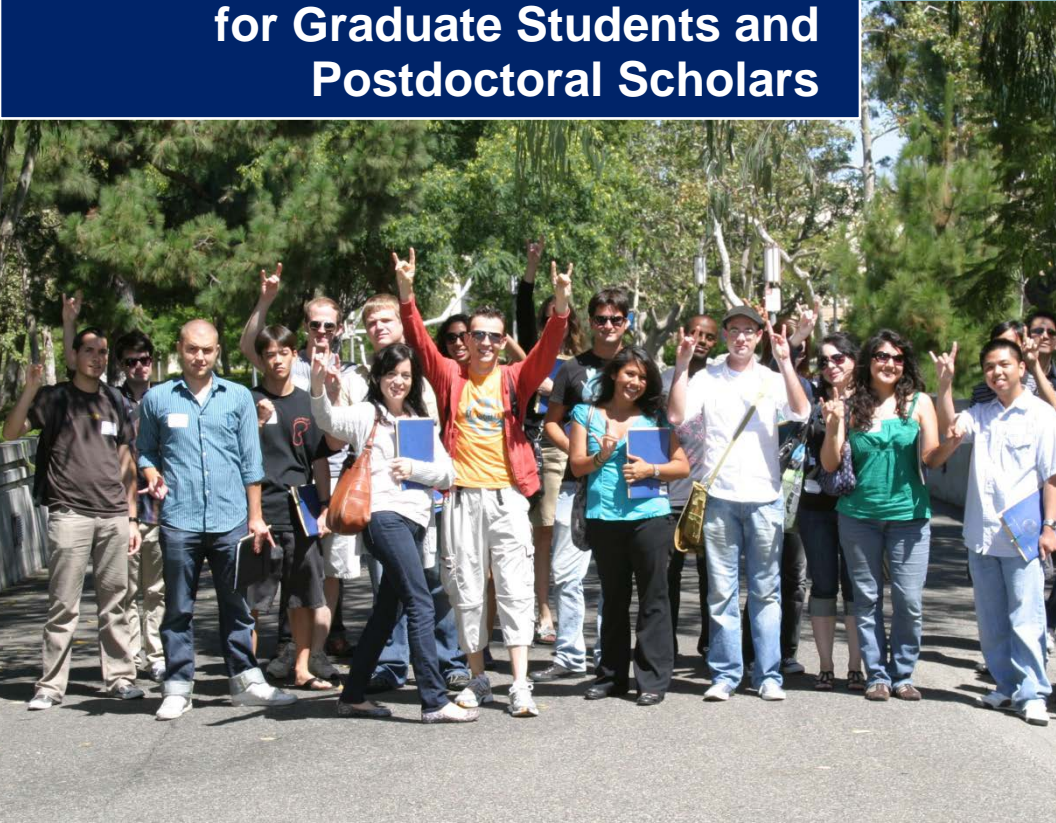


KEEPING THE BALANCE

A Resource Guide for Well-Being for Graduate Students and Postdoctoral Scholars





Welcome to the University of California, Irvine

The issues addressed in this brochure may or may not affect your life as a graduate/professional school student or postdoctoral scholar. By becoming aware of the issues that commonly affect graduate/professional school students, you will be better able to recognize them and respond to them in a way that works for you. The specific areas covered in this brochure include:

- Life in a Community of Scholars
- Self-Care Fundamentals
- Online Mental Health Information and Screening Programs
- Mental Health Resources for Graduate and Professional Students
- LGBTQ Students
- International Students
- Diversity Students
- Students with Disabilities
- Parenting as a Student or Scholar
- Veteran Services
- In Case of Emergency
- Hospitals and Clinics
- Crisis Lines and Resources

We encourage all graduate/professional school students and postdoctoral scholars to take care of yourselves during your academic pursuits. Use the full range of resources available to you to maximize your time at UC Irvine.

Life in a Community of Scholars

Life is full of opportunities and challenges that call for adaptive and flexible coping skills. Some of these challenges include:

Academic challenges	Performing research, teaching, presenting findings, and working on publications are all high stress events.
Adapting to a new environment	Learning how to navigate the UC Irvine campus as well as the southern California environment. For international students, being in the U.S. poses challenges related to language and culture that are less familiar.
Creating new social relationships	It is important to develop mentoring relationships with faculty. Mentors can support you through the rigor of the academic journey.
Setting boundaries	Learning how to set limits and how to negotiate responsibilities are among the challenges of academic life.
Expanding career paths	Some graduate and professional school students struggle with exploring alternative career paths.
Managing multiple roles	Identifying priorities and managing stress and time are critical skills to acquire. You may become a parent, a family member could require additional care, or you may sometimes feel there's just not enough time.

Self - Care Fundamentals

Keep Your Life in Balance

Review basic self-care practices and UCI resources to help manage stress more effectively:



IN BALANCE	RESOURCE	OUT OF BALANCE
<p>A Healthy Diet Eat regular, well balanced meals, limit caffeine & alcohol.</p>	<ul style="list-style-type: none"> • The Department of Campus Recreation has an array of individual and group sports and fitness options at the Anteater Recreation Center as well as other activities where you can connect with fellow students. Visit: www.campusrec.uci.edu • Health Education Center offers resources, group workshops, and consultations around health issues such as sexual health, alcohol and drugs, tobacco use, stress management, and nutrition. Visit: www.healtheducation.uci.edu or call 949.824.9355 	<ul style="list-style-type: none"> • Increased physical problems: Difficulty sleeping, eating, headaches, stomach pain. • Increased alcohol use or drug use
<p>Good Sleep Habits Get at least six hours of sleep a night, maintain a regular sleep routine.</p>		
<p>Regular Exercise Find physical activities you enjoy, commit to an exercise schedule.</p>		
<p>Time for Play & Relaxation Build breaks into your daily schedule. Learn and use healthy relaxation strategies</p>		
<p>Set goals for yourself Set precise goals, including dates, times & amounts to measure success. Use the Individual Development Plan (IDP) to guide your progress</p>	<ul style="list-style-type: none"> • Graduate Division serves as a liaison for students and academic units. Graduate Division also provides a Graduate Counselor for ongoing support and follow-up. For more information, visit www.grad.uci.edu • Graduate Advisor 	<ul style="list-style-type: none"> • Academic Difficulty: Loss of motivation, difficulty concentrating on academic work, problems with finishing tasks, multiple class absences, failing classes
<p>Get connected to others Build relationships with others outside your discipline through team sports, clubs, and religious/ spiritual groups.</p>	<ul style="list-style-type: none"> • Student Life and Leadership maintains a search engine to help you find organizations. Visit: http://search.dos.uci.edu/organizations 	<ul style="list-style-type: none"> • Exaggerated Emotional Responses • Disruptive Behavior • Persistent Depression • Loss of Self-Esteem

Online Mental Health Information & Screening Programs



Counseling Center Village

The Counseling Center Village offers online information on a wide range of mental health issues from "*Anxiety: How to Cope with It*" to "*Writing: Dissertation Tips*." Visit <http://ub-counseling.buffalo.edu/ccv.html>.

ULifeLine

ULifeLine is an anonymous online mental health resource that provides self-assessment tools and fact sheets on mental health. These fact sheets include a wide range of topics including: "*52 Proven Stress Reducers*" and "*How to Get A Good Night's Sleep*" to "*Suicide and Depression*" and "*Schizophrenia: What You Need to Know*." Visit: www.ulifeline.org/page/main/Home.html.

Online Screening

The College Response Online Mental Health Screening Program provides free, anonymous screenings for depression, anxiety problems, eating disorders, and alcohol problems. These screening tools can help you decide if meeting with a therapist might be helpful. Access these tools through the UC Irvine Counseling Center website: www.counseling.uci.edu and select "Online mental health services."

While online screenings and readings can provide important information, sometimes the appropriate option is meeting with a mental health professional.

Mental Health Resources for Graduate and Professional School Students

Whether you have an urgent need for help or simply want to prevent stress from overwhelming you, there are campus resources to assist you.

The Counseling Center is the point of entry for a broad range of mental health services for graduate or professional school students. Free, confidential services are offered to currently enrolled, full-time students who paid registration fees. These services include individual, couples, family, group counseling and therapy. The Counseling Center provides urgent care, crisis response, consultation around helping emotionally distressed students, and outreach programs for the university community.

Counseling Center: www.counseling.uci.edu 949.824.6547
Student Services I, Room 203; Hours: M-F, 8 A.M. - 5 P.M.
After-hours crisis help: Call 911 or the Campus Police at 949.824.5222

The Graduate Division Counselor, Tom Angell, provides support and referral services to graduate students and post-doctoral scholars. He supports the academic process for those experiencing personal or academic difficulty. If you need help managing your time, communicating effectively with faculty, or if you feel stress, Tom can provide helpful referrals to campus and community resources.

Hours: Call or email for an appointment
Location: Aldrich Hall, Room 120
Email: tangell@uci.edu
949.824.1892

Campus Assault Resources and Education (CARE) provides consultation, direct services and campus education for issues related to rape and sexual assault, intimate partner violence, relationship health, personal safety and gender issues. CARE offers confidential individual, couples, and group counseling, free of charge.

CARE: www.care.uci.edu 949.824.7273
G320 Student Center; Hours: M-F, 8 A.M.-5 P.M.

All graduate and professional school students are enrolled in the Student Health Insurance Plan (SHIP) unless they waived out of the plan. UC SHIP insurance provides access to many providers of confidential mental health services in the Southern California region. Visits require a co-pay. More information about UC SHIP can be found on the Student Health web site: www.shs.uci.edu

Mental Health Resources for Medical Students

There are special resources in the **UC Irvine School of Medicine** that can be helpful to Medical Students in balancing their many demands.

Designated Psychologist

In addition to mental health services in the Counseling Center and through UC SHIP or private insurance, there is a designated clinical psychologist for Medical Students situated on the School of Medicine campus. Contact Dr. David Franklin at: 714.456.3781 or dlfrankl@uci.edu



Academic Skills Coordinator

The Academic Skills Office in the School of Medicine provides Medical Students assistance with study and learning skills, time management, organizational strategies, and tutoring resources. Contact Geraldine Codd at: 949.824.3415 or gcodd@uci.edu.

Other Student Support Services

For questions related to other Medical Student support services, contact Melanie Ley, Student Affairs Officer at: 949.824.5932 or mley@hs.uci.edu

Mental Health Resources for Law Students

The **Office of Student Services** represents a “safe space” for students in the School of Law, a place where students can find support and services, such as:

- Counseling for students related to **personal, academic, and career matters**, in a confidential setting; **liaison to Disability Service Center**.
 - <http://www.law.uci.edu/current/student-services-current.html>
 - <http://www.law.uci.edu/students/index.html>
- Information regarding **law student organizations**, including formation, budget requests and activities.
 - <http://www.law.uci.edu/students/organizations/index.html>
- Connections to **internal resources** including lockers, key cards, business cards and more.
 - http://www.law.uci.edu/students/how_do_i.html

Academic Skills

UCI Law's **Academic Skills Program** is a resource for all students seeking to maximize their academic success in law school. From identifying the keys to effective class preparation for first-year students, to demystifying the bar exam for third-year students, ASP provides detailed insight into the intellectual practices unique to legal education and the practice of law.

LGBTQIA Students

Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning graduate, professional school students and postdocs may have additional challenges when starting their programs at UC Irvine. Moving to a new location might mean leaving a well-established community and having to learn about all new LGBTQ resources, finding places to socialize, and building a support community. There are many campus and community resources to help you with your adjustment to campus.

Campus Resources

The LGBT Resource Center (located in G301 Student Center) is dedicated to providing a safe and welcoming environment for the diverse lesbian, gay, bisexual, transgender, queer, questioning, intersex, and ally communities. For more information, visit www.lgbtrc.uci.edu or call 949.824.3277.

The Counseling Center serves LGBTQ students with general mental health services as well as with two targeted programs: The **LGBTQ Graduate Psychotherapy Group** and the **LGBT Mentor Program**. For more information, visit www.counseling.uci.edu or call 949.824.6457.

Gender Neutral Bathrooms are located throughout campus and available for use by anyone. Visit <http://www.lgbtrc.uci.edu/resources/GNB.php> for more information.

Queer Graduate Caucus (QGC) sponsors social events, lectures, discussion groups, and political activism and provides information about the campus and community resources in the Orange County area. To join the listserv, visit <http://spirit.dos.uci.edu/mailman/listinfo/qgc-list>.

The **MEG Group** is a social/discussion group for LGBTQ faculty, staff and graduate students. To join the listserv, visit <https://maillists.uci.edu/mailman/listinfo/meg-list>.

Online and Off-Campus Resources

The University of California Lesbian Gay Bisexual Transgender Intersex Association (UCLGBTIA):
www.uclgbtia.org

The Center-Orange County (LGBT Community Center):
www.thecenteroc.org
or 714.534.0862



International Students

Leaving home to study in the U.S. presents an opportunity to learn and share different social, cultural and academic pursuits. Being an international student can also be a difficult experience in a number of ways.

Issues with separation or distance from family and friends, language, immigration, funding, and cultural adjustment can sometimes feel overwhelming. To maintain academic and personal well-being, a number of resources are available for international students.



Graduate InterConnect Program

The Graduate Division provides the **Graduate InterConnect Program** to ensure international graduate students receive the guidance and resources they need. This includes pre-arrival and post-arrival **New International Graduate Student checklists**. **Graduate Peer Mentors** provide communications and support during the transition to campus. The **New International Graduate Student Orientation** provides specialized resources for incoming international graduate students. For more information, visit www.grad.uci.edu, call 949.824.4611, or email gradinterconnect@uci.edu.

International Center

The International Center is a primary resource for all international students and scholars at UC Irvine. The International Center is located at G302 East in the student center. For more information, visit www.ic.uci.edu or call 949.824.7249.

Counseling Center

The Counseling Center provides free, confidential psychological services to enrolled international students. Among the services offered is **The International Students Coffee Hour**. This weekly group provides a friendly space for international students for conversation and refreshments. New members are always welcome. For more information, visit www.counseling.uci.edu or call 949.824.6457.

Diversity Students

Building community within your program, on campus, and in the community can be vital to your success.

Campus Resources

Graduate Division runs diversity programs for graduate students and can provide information about opportunities to participate in diversity initiatives at UC Irvine. For more information about diversity fellowships, the DECADE Program, or other peer mentorship opportunities, visit www.grad.uci.edu or call 949.824.4611.

The DECADE program (*Diverse Educational Community and Doctoral Experience*) aims to increase the number of minorities and women underrepresented in their disciplines receiving doctoral degrees at UC Irvine. **DECADE Faculty Mentors** serve as a resource for faculty and students in their academic programs to nurture a positive diversity climate within their academic programs. DECADE Faculty Mentors collaborate with the ADVANCE equity advisors to develop best practices for nurturing an inclusive climate for all graduate students.

Counseling Center offers support groups to connect with others based on background, find mentors, and to become part of a community. For more information, visit www.counseling.uci.edu or call 949.824.6457.

The Cross Cultural Center (CCC) provides a network of support services promoting the personal, social, cultural, and academic well-being of UC Irvine's ethnic and culturally diverse student body. Visit www.ccc.uci.edu or call 949.824.7215

The Black Graduate Students Network (BGSN) is a campus-based support group for African American graduate students across all disciplines. For more information, call 949.824.4255.

The Chicano/Latino Graduate Student Collective is a campus-based group for Chicana(o) and Latina(o) graduate students across all disciplines. For more information, visit <http://clubs.uci.edu/clgsc/contact.html>.



Diversity Students

Online and Off-Campus Resources

The University of California and the **UC Office of the President (UCOP)** have on-line resources regarding diversity at the University of California. Visit: www.universityofcalifornia.edu/diversity/

Numerous online resources exist for diversity students. The following are only a few examples:

Orange County Black Chamber of Commerce:

www.ocblackchamber.com, 714.547.2646

National Association for the Advancement of Colored People

(Orange County chapter): <http://www.naacp.com> 714.543.3637

Association of Scholars and Professors of Iranian Heritage:

www.apsih.org, 909.869.2569

Iranian Student Organization in America: <http://isaa.berkeley.edu>,

email isaa-officers@list.berkeley.edu

The American Indian Graduate Center: www.aigcs.org,

1.800.628.1920

REZNET: Reporting from Native America: www.reznetnews.org

National Council of La Raza: www.nclr.org, 202.785.1670

Society for the Advancement of Chicanos and Native Americans

in Science: www.sacnas.org, 1.877.722.6271

National Association of Asian American Professionals:

www.naaap.org, 650.333.9533

The Network of South Asian Professionals: www.netsap.org,

email info@netsap.org

Students with Disabilities



Disabilities transcend all lines of gender, race, culture, age, and sexual orientation. Frequently, there are social, educational, and physical access issues that impact students with disabilities at UC Irvine.

Campus Resources

The Disability Services Center (DSC) is located in building 313 on the UCI Map. The mission of DSC is to empower students to reach their potential in every aspect of their lives by moving beyond success to significance through education, service, and support. DSC also provides accommodations for temporary disabilities.

DSC hours: Monday – Friday - 8:00 am to 4:30 pm for appointments

Test/exam proctoring: Monday – Thursday 8:00 am – 10:00 pm
Friday 8:00 am - 7:00 pm

For more information, to register for services or to speak with a disability specialist visit www.dsc.uci.edu or call 949.824.7494.

DSC provides resources for Faculty and Teaching Assistants concerning teaching individuals with disabilities that may be found at:

<http://disability.uci.edu/registering/index.html>

The Graduate Division serves as a liaison between students with disabilities and academic units. The Graduate Division Counselor provides ongoing support and follow-up. For more information, visit www.grad.uci.edu or call 949.824.4611.

Online Resources

Washington University: DO-IT: www.washington.edu/doi/Resources

Assorted articles on disabilities:

www.osd.ucla.edu/Articles_on_Disability.htm

UC policies on students with disabilities:

www.disability.uci.edu/policies_procedures/index.html

Virtual pamphlets, University of Chicago, for Students with Disabilities:

<http://counseling.uchicago.edu/page/virtual-pamphlet-collection>

Article on disabilities from Pepperdine University:

www.pepperdine.edu/disabilityservices/students/articles/whatisreason.htm

National Organization on Disability:

www.nod.org

Parenting as a Student or Scholar

Being a parent while being a postdoc or attending graduate/professional school poses unique challenges.



Campus Resources

Graduate Division has information regarding the policies related to your experience at UC Irvine. This includes information about parental leave options for graduate student researchers/teaching assistants and childcare stipends for teaching assistants. The Graduate Division website provides a number of resources to support parents, including financial support, childcare, and employment. For more information, visit www.grad.uci.edu, or call 949.824.4611.

The **Counseling Center Graduate Student Women's Psychotherapy Group** provides support to women in graduate and professional schools. This group addresses the challenges of juggling multiple important roles. For more information, visit www.counseling.uci.edu or call 949.824.6457.

Lactation Stations are available on campus. For more information, visit www.healtheducation.uci.edu/services/lactationstation.aspx.

Childcare Services offers students six options for childcare ranging from an Infant Toddler Center to a Montessori school. Many of the programs offer subsidized rates for UC Irvine students. For more information, visit www.childcare.uci.edu, or call 949.824.2100.

Online and Off-Campus Resources

Families Forward is an organization dedicated to helping families in financial or emotional crisis to be successful and self-sufficient. For more information, visit www.families-forward.org or call 949.552.2727

Sitter City is an organization that helps parents find qualified babysitters through a screening process. Local sitters are available. For more information, visit www.sittercity.com.

The Child Care Coordination Office for the City of Irvine provides a variety of services designed to enhance and maintain the quality of childcare in the community including individuals, agencies, and businesses. For more information, visit: <http://www.ci.irvine.ca.us/cityhall/cs/childcare/default.asp>

Veteran Services

Veterans, reservists, active-duty members, and military dependents bring unique experiences to our campus. UCI offers a Housing Guarantee and Priority Registration for all veterans, reservists and active duty service members no matter how long ago they served.

Campus Resources

UCI Veteran Services (located in G304 Student Center) provides a welcoming environment for veterans, reservists, and their dependents. The center submits entitlement requests for new and continuing students, answers any questions concerning educational benefits, and provides resources to assist veterans in navigating their transition to civilian and student life. For more information, visit <http://www.veteran.uci.edu> or call 949.824.3500.

The **UCI VSO Mentorship Program** helps student veterans assimilate into the academic environment by providing a faculty or staff mentor to guide their journey and helps the student establish a personal connection in the university. To find or become a mentor visit <http://www.veteran.uci.edu/mentorprogram.php>.

Online and Off-Campus Resources

Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

- Call **1-800-273-8255** and **Press 1**
- Send a text message to **838255**
- Chat online
- For more information, visit <http://www.veteranscrisisline.net/>

Student Veterans of America provides military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation. For more information visit <http://www.studentveterans.org>



In Case of Emergency

Examples of emergencies include, but are not limited to the following:

- If you are thinking about harming yourself or others
- If you feel unable to function
- If you are seriously concerned about your welfare or safety
- If you have experienced a traumatic event

When the **Counseling Center is open** (Monday-Friday, 8AM-5PM), there is always a staff member available by phone or in person to assist you.

- Call 949.824.6457
- Come to the Counseling Center (203 Student Services I) and ask to be seen

For urgent matters when the **Counseling Center is closed**, after-hours assistance is available.

- Call the main telephone number at (949)824-6457 and select option 2

Additional Resources:

- **Dial 911**
- **For on-campus emergencies**, call the UC Irvine Police Department at 949.824.5222
- Call the **National Suicide Prevention Lifeline** (24 hours a day, 7 days a week) at 1.800.273.TALK or 1.800.273.8255.

If you have experienced a sexual assault, call **Campus Assault Resources and Education (CARE)** at 949.824.7273 or visit www.care.uci.edu.

**IF THE EMERGENCY IS LIFE THREATENING, CALL 911
OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM**

Hospitals and Clinics

UC SHIP coverage may not be available at all facilities.

LOCAL HOSPITALS: Emergency rooms are open every day, 24 hours

HOAG HOSPITAL IRVINE

Hours: 24/7

16200 Sand Canyon Ave.; Irvine, CA

949.764.4624

HOAG MEMORIAL HOSPITAL

Hours: 24/7

301 Hospital Rd.; Newport Beach, CA

949.645.8600

UC IRVINE MEDICAL CENTER (UCIMC) (Level 1 Trauma Center)

Hours: 24/7

101 City Drive South; Orange, CA

714.456.6011

KAISER - IRVINE MEDICAL CENTER (For individuals with Kaiser insurance)

Hours: 24/7

6640 Alton Parkway (at Sand Canyon); Irvine, CA

949.932.5000

LOCAL WALK-IN CLINICS: Most walk-in clinics are open into the evening, but closed for the night. Call the clinic to confirm open hours.

ADVANTAGE PLUS MEDICAL CENTER

Hours: 8:30am – 5pm Monday – Friday

18021 Sky Park Circle, Suite 68; Irvine, CA 92614

949.260.0744

NEWPORT URGENT CARE CENTER

Hours: 8am – 8pm Monday - Friday / 9am – 5pm Saturday and Sunday

1000 Bristol St. No., Suite 1B; Newport Beach, CA 92660

949.752.6300

WOODBIDGE WALK-IN CLINIC

Hours: 8am – 8pm Monday – Saturday / 8am – 5pm Sunday

4870 Barranca Parkway; Irvine, CA

949.857.1248

Crisis Lines and Resources

UC Irvine Police Department

Non-Emergency

949.824.5223

Crime Prevention

949.824.7181

Lost & Found

949.824.8073

Safety Escorts

949.824.SAFE

Emergency Dial 9-1-1 or 949-824-5222

www.police.uci.edu

Counseling and Referral

Sexual Assault Victim/Prevention Services

(Hotline) 714.957.2737

Victim/Witness Assistance – Domestic Violence

714.834.4317

Women's Transitional Living Center

(Hotline) 714.992.1931

UCI Counseling Center

949.824.6457

Domestic Violence and Sexual Assault

Assistance Program..... 714-935-7956

Gay & Lesbian Hotline..... 714-894-4242

Rape Crisis Hotline (24 hours)..... 949-831-9110

Restraining Orders (Informational Recording)..... 714-973-0134

Orange County Sexual Assault Network (24 hours)..... 714-831-9110





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Graduate Division

