



MARQUETTE
UNIVERSITY

BE THE DIFFERENCE.

Counseling Center Spring 2025 Drop-in Group

GRADUATE STUDENT WELLNESS GROUP

This group will examine the sources of stress, ways of coping, and the value of peer support in adjusting to the challenges of being a graduate student. Topics are flexible but may include: time management, financial stress, relationship concerns, burnout, isolation, and maintaining balance.

No pre-registration is required for these groups. This group is drop in format, so students are welcome to attend one, some, or all of the groups during the semester.

**BI-WEEKLY WEDNESDAYS 2/19, 3/5, 3/19, 4/2 &
4/30 3:00-4:00PM**

✦ **Counseling Center** ✦
Wellness + Helfaer Recreation
4th Floor