



SACRAMENTO STATE UNIVERSITY

**COUNSELING & DIAGNOSTIC SERVICE
CENTER PRESENTS:**

**Career Development & Mental Health
Wellness Support Group**

The purpose of this support group is for you to expand your foundational skills to advance your career and develop coping strategies when poor mental health becomes a factor in your profession.

FOUR WEEK SESSIONS

Week 1, March 11th, 2024: Introduction to Career Development & What Does it mean to be a student and an employee?

Week 2, March 25th, 2024: Resume Building & The Stress of Finding a Job

Week 3 April 8th, 2024: Career Exploration. & The Signs of Burnout

Week 4 April 15th, 2024: Career Assessments & How to Develop a Healthy Work-Life Balance



LOCATION:

EUREKA HALL

Room 421

Group Duration: 1 Hour



FOR MORE INFORMATION

**PLEASE CONTACT:
PSYC-GRAD23@CSUS.EDU**

**TO SIGN UP
PLEASE USE THE QR CODE**

