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