February 2019

Program Handbook Insert

Graduate school is a significant undertaking and maintaining work/life balance will be important throughout your program of study. Diminished mental health, including anxiety, worry or problems with sleeping and/or eating may interfere with peak academic performance. You are encouraged to seek help sooner, rather than later. To support you during your course work, the Graduate College at Boise State University offers resources, including the Graduate Student Success Center and Gradwell: Do Well to Be Well. In addition, Counseling Services, located on 2nd floor of the Norco Building on campus, provides a variety of services for students to help with personal, academic, career, and crisis concerns. They offer individual, group, couples and family counseling and also provide assistance in coordinating referrals with local community providers. You can schedule an appointment by calling (208) 426-1459. If your concern is too urgent to wait for a scheduled appointment, they offer walk-in crisis services on Monday, Tuesday, Thursday and Friday from 8am to 5pm and Wednesday from 10am to 5pm.