February 2019

Syllabus Insert:

Graduate school can be a significant undertaking and maintaining work/life balance will be important throughout your program of study. Do your best to take care of yourself and actively prioritize balance and overall wellness. Diminished mental health, including anxiety, worry or problems with sleeping and/or eating interfere with peak academic performance. The source of these stressors may be related to your coursework or research. If this is the case, please speak with me.

Other problems with personal relationships, physical health, finances or existential concerns can also decrease academic performance, threaten your mental health, and may require additional assistance. To support you during your graduate experience Boise State offers a variety of resources, including the Graduate Student Success Center, Gradwell: Be well to Do Well and University Health Services. Each of these resources can help you manage personal challenges that threaten your well-being or ability to thrive at Boise State. Accessing them sooner, rather than later is almost always more effective in helping support your academic success. You can find these resources at the links and phone numbers below:

https://www.boisestate.edu/graduatecollege-success/  (208) 426-3604
https://healthservices.boisestate.edu/counseling/     (208) 426-1459