

Dear students,

Below is some useful information compiled by the OSA team. Please continue to reach out to the MS-PhD program team with any questions.

Best wishes,

~Elizabeth

As we adjust to this new virtual university environment, we want to emphasize the importance of maintaining emotional health and well-being during this time. We would like to bring your attention to the various support groups offered by Counseling and Psychological Services (CPS). In compliance with public health guidance and to keep our community safe, CPS now conducts all services remotely and is offering a wide variety of virtual community forums and workshops throughout the semester including:

-Moments of Peace in Stressful Times Virtual Community

Please join us in creating a virtual mindfulness community to learn practices and skills to ground us during these challenging times. No prior experience necessary—this group is open to anyone who could use a little more peace in their life.

*This non-confidential group meets via Zoom on Mondays, 5:00 pm to 6:00 pm, from March 30 to May 4. Please email Jennifer Drapkin, PhD at jad214@cumc.columbia.edu or Addette Williams, PhD at alw65@cumc.columbia.edu for the Zoom link, subject line: "Moments of Peace."

-Virtual Support Space for International Students Far From Home

This space will provide international students who are away from family, friends and home an opportunity to support each other and build coping skills through this challenging time. Due to the open and online nature of this support space, this support space is not private or confidential though participants are encouraged to be respectful and mindful of each other and to practice discretion. In addition, please note that this is a skill building support space; it is not group therapy.

*This Support Space will be offered for 4 weeks on Thursdays from 11:00 am to 12:30 pm, beginning on Thursday, 4/9/20. For more information about the group and/or to receive the link to join the workshop, please contact Dr. Yaniv Phillips at py2120@cumc.columbia.edu. Please write "International" in the subject line.

-Virtual Chat 4 Connection: Combat Isolation, Boredom and Stress

Lively video chat conversations about what matters most to you (on a given Wednesday)! Share tips for maintaining your physical and emotional health. Tell a joke. Laugh with others. Have some 'food for the soul' while breaking virtual bread. Listen to other people's experiences and give and get sympathetic understanding of our need for connection. Open to all students and therefore not private, confidential or secure.

*This group will meet on Wednesdays starting March 25 at 1:00 pm to 2:00 pm, and will meet from 2:00 pm to 3:00 pm in the weeks that follow. Facilitated by Eduvigis Cruz-Arrieta, PhD. Join via [Zoom](#).

-Virtual Support and Conversation About Managing the Return Home

This workshop will focus on coping with the unexpected, mid-semester return home. Possible topics to be discussed include: navigating the transition from living in a community of peers to the nuclear family, graceful boundary setting, communication tools, and de-escalation of conflict. Due to the open and online nature of this drop-in group, this group is not private or confidential though participants are encouraged to be respectful and mindful of each other and to practice discretion. In addition, please note that this is a support space- not group therapy.

*The group will meet on Tuesdays from 5:00 to 6:00 PM starting on March 24 and will be facilitated by Marcia Stern, PhD. If you have questions or would like to participate, please contact Dr. Stern at mis21@cumc.columbia.edu

-Virtual Workshop: Finding Academic Success in Troubled Times (FASTT): Learning the Power of Self Compassion & Personal Accountability

This workshop will be facilitated by five CPS psychologists who are all passionate about the issue of helping students like you, figure out how to let go of self-regulation problems and learn to take the necessary steps toward achieving their goals. Each one of the five one-hour interactive presentation sessions will be followed by a one-hour study hall. The Pomodoro method will shape the study hall. This fun but powerful experience will look at underlying causes of procrastination, and introduce techniques such as use of goal setting, corporate style time management techniques, and how to use accountability to achieve what matters to you most. The workshop focus will be on the concerns of the Columbia University student but all community members are welcome to participate.

*This five-session virtual workshop will be held Fridays from 11:00 am to 1:00 pm starting March 17. The last session is April 24. For more information about this support space or to receive the link to join the discussion, please contact one of the [facilitators](#).

-Virtual Group for Students with Children

This is a workshop for Columbia students with children. Working and studying from home with kids can feel unsustainable during a global pandemic. This situation is unprecedented; you're essentially being asked to perform two full-time jobs. We are here to help manage the stress you and your children might be experiencing. Cramped quarters and limited alone time can lead to increased arguments and tension. The situation can feel overwhelming at times, especially if you are a single parent or have children with developmental needs. Please join us for a virtual meet-up to help support you and offer potential suggestions to help you get through this challenging time. Due to the open and online nature of this support space, this workshop is not private or confidential though participants are encouraged to be respectful and mindful of each other and to practice discretion. In addition, please note that this is a skill building support space; it is not group therapy.

*This workshop will have two sessions on Thursday, April 9 and Thursday, April 23 from 11:00 am to 12:30 pm, and will be facilitated by Andrew Colitz, Ph.D. For more information, or to receive the Zoom link to join the group, please email Dr. Colitz at ac3844@cumc.columbia.edu.

Additional information about each of the support groups can be accessed [here](#). As always, CPS offers 24/7 support and can be reached at [212-854-2878](tel:212-854-2878). Beyond resources in Columbia Health and on campus, there are many helpful resources available online and in the greater NYC community; you can read more about various coping tools [here](#).