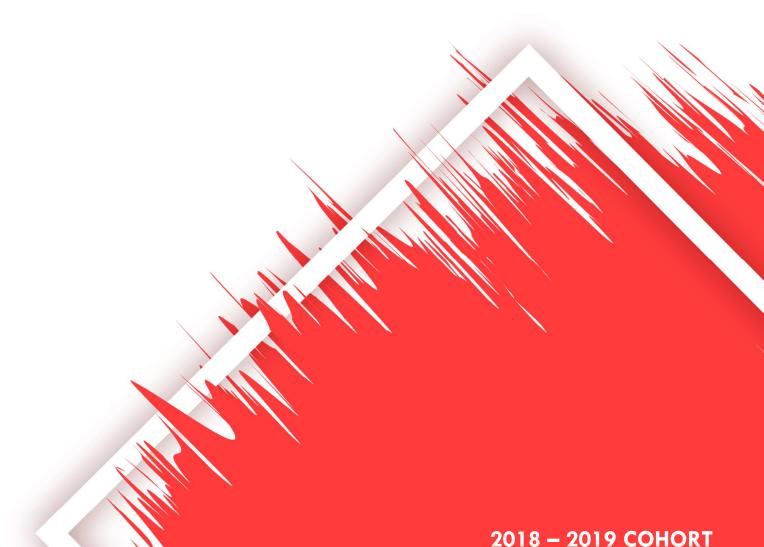


Graduate Peer Mentoring Collaborative

PROJECT REPORT

The Graduate Peer Mentoring Collaborative at North Carolina State University (NC State) consists of graduate students from the College of Humanities and Social Sciences, the College of Veterinary Medicine, and the College of Agriculture and Life Sciences.

We are dedicated to supporting our fellow graduate students and learning about and enacting quality peer mentoring relationships.



College of Humanities and Social Sciences

Project Overview

The 2018 - 2019 cohort developed two "LEAD with US — Take Charge of Yourself" mentoring events in the fall semester and a website for the Graduate Peer Mentoring Collaborative in the spring semester. The two events were designed for stress management and time management to help fellow graduate students navigate their graduate school experiences. The website was designed as an approachable resource space for peer mentors, mentees, and faculty members to better engage with graduate students.

HOW TO HUMOR YOUR STRESS

LEAD with US: Take Charge of Yourself

WhyHere

You're stressed. We get it.
However, even our stress can
be a source of amusement and
strength if we learn how to
channel our inner comedians.
Check out this event of how to
"lighten up" as a strategic way
of alleviating stress!

Takeaways

- Laugh on purpose. Crack yourself up!
- · Be The Fun You Are Seeking!
- Do Not Spend Your Day Catastrophizing And Awfulizing.
- Become A Witness To Your Own Behavior.

TED & Talk





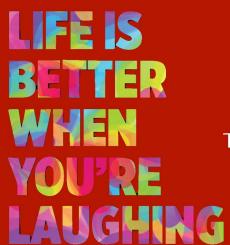
Lighten up Peers!

Today, nothing is certain except stress and taxes. But, believe it or not, stress can be a positive experience

-Loretta LaRoche

Hello Wolfpack! Inner sitcom matters! In fact, millions of our stresses can be the source of amusement if we know how to lighten up! In this awesome event designed by your peers, we will explore how to cope with those haunting stressful moments by using your humor, wisdom, and patience. We first watch this amazing TED talk by humorist and stressmanagement specialist Loretta LaPoche to learn a few stress-handling tips. We then measure our stress level with a survey designed by scientists and psychologists. We share each other's lightening-up strategies at the end while we have some cookies and pop some balloons! Remember, we can always turn stressful moments into positive, powerful, and productive experiences!





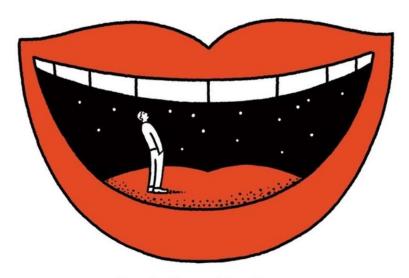
LEAD WITH US TAKE CHARGE OF YOURSELF

Brought to You by Your Peers

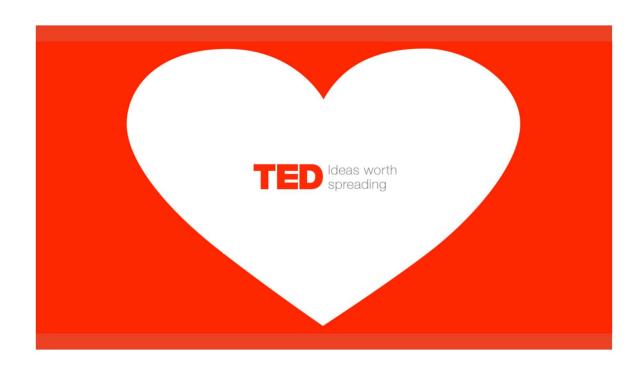


NC STATE Humanities and Social Sciences Veterinary Medicine





How to Humor Your Stress











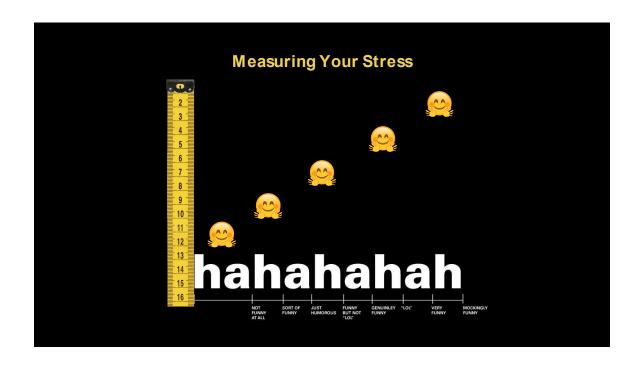














Questions for the discussion:

How often do you find yourself catastrophizing?

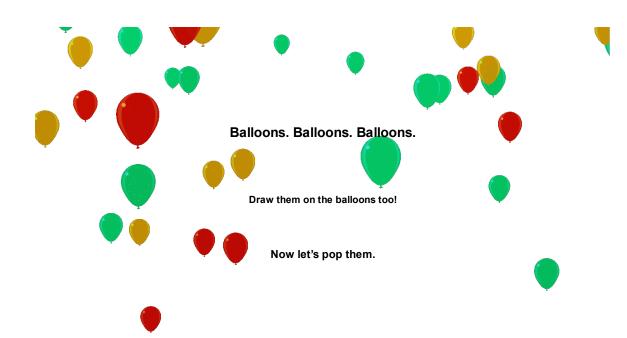
Think about the last time you felt stressed, what were some of the factors that you could control, what were the factors you could not control?

What do you do in such cases, and how can you change your mentality to humor your stress?

STRESS

DOESN'T GO WITH MY OUTFIT







Website at a Glance

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Graduate Peer Mentoring Collaborative

The Graduate Peer Mentoring Collaborative at North Carolina State University (NC State) is dedicated to providing support to our fellow graduate students. The goals of the program include both learning about and enacting quality mentoring relationships. We are graduate students from the College of Humanities and Social Sciences, the College of Veterinary Medicine, and the College of Agriculture and Life Sciences working to help foster peer mentoring relationships within our departments. We also are working on creating a culture of peer mentoring among our colleges more broadly.

- > Is it that time in the semester when you need to work on your time management?
- > Are you feeling the stress of upcoming preliminary exams?
- > Are you experiencing a conflict among those working in your lab?
- > Do you have a difficult time expressing your needs and wants to your primary advisor?
- > Are you having a hard time balancing classes, research, and your personal relationships?
- > Do you have a big conference presentation coming up that you are worried about?

Explore the Graduate Peer Mentoring Collaborative and our existing resources to understand how we can support both graduate students and their departments/programs' peer mentoring peeds

UNIVERSIT

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