



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.

A large, abstract graphic in the bottom right corner of the page. It features a white, angular, geometric shape that resembles a stylized 'M' or a series of overlapping planes. This shape is set against a background of vibrant red, which is textured with numerous white, brushstroke-like lines radiating outwards, creating a sense of dynamic movement and energy.

2018 – 2019 COHORT
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

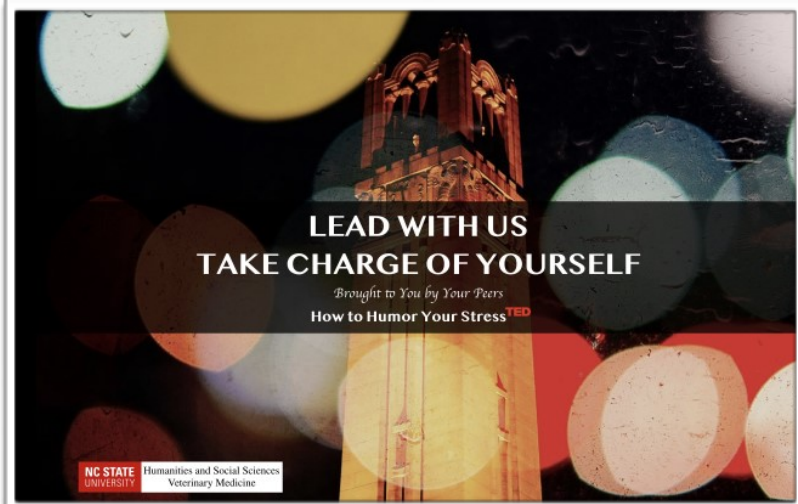
Why Here

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 stress-management specialist Loretta LaRoche 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!



**LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING**

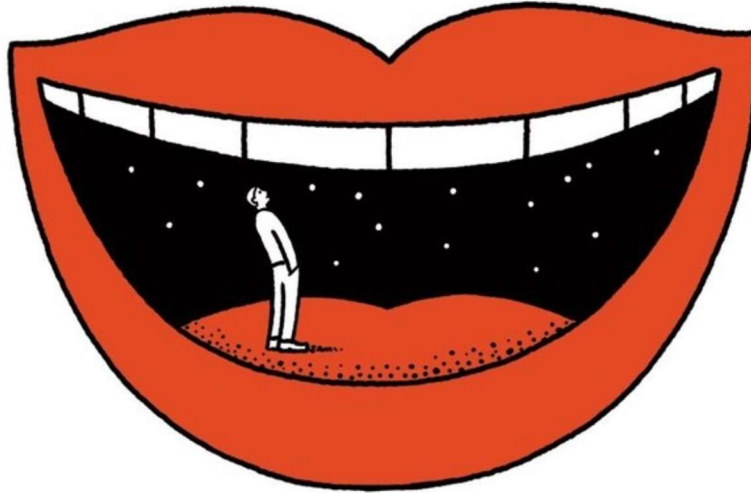
**LEAD WITH US
TAKE CHARGE OF YOURSELF**

Brought to You by Your Peers

**NC STATE
UNIVERSITY**

Humanities and Social Sciences
Veterinary Medicine



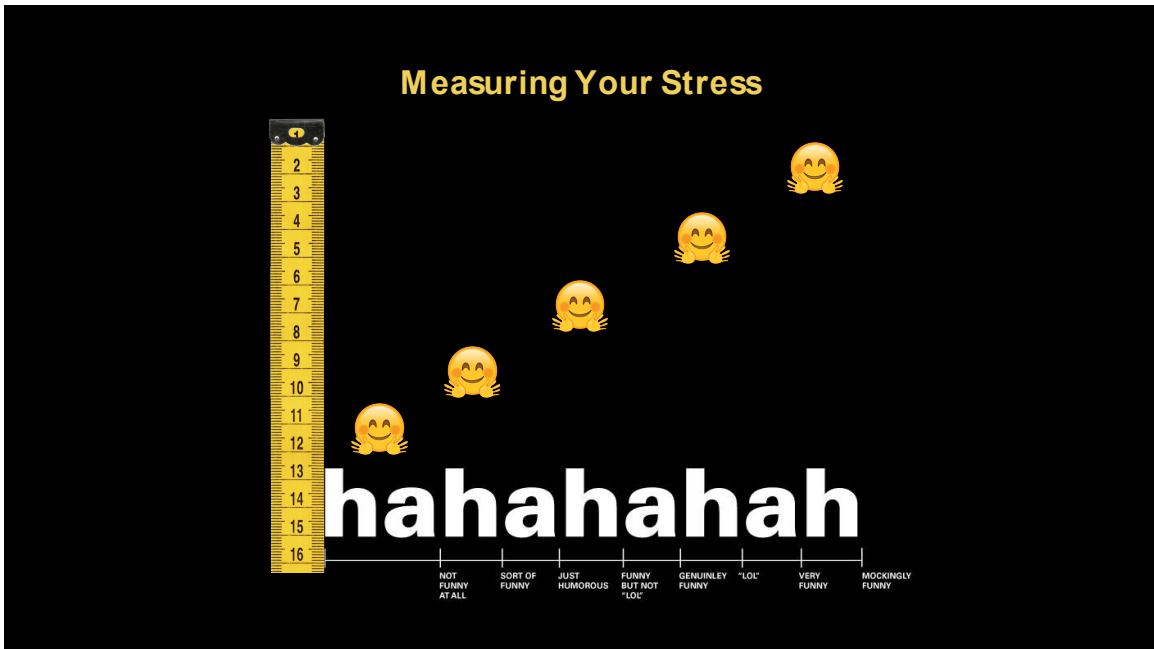


How to Humor Your Stress





**LET'S
PLAY!**



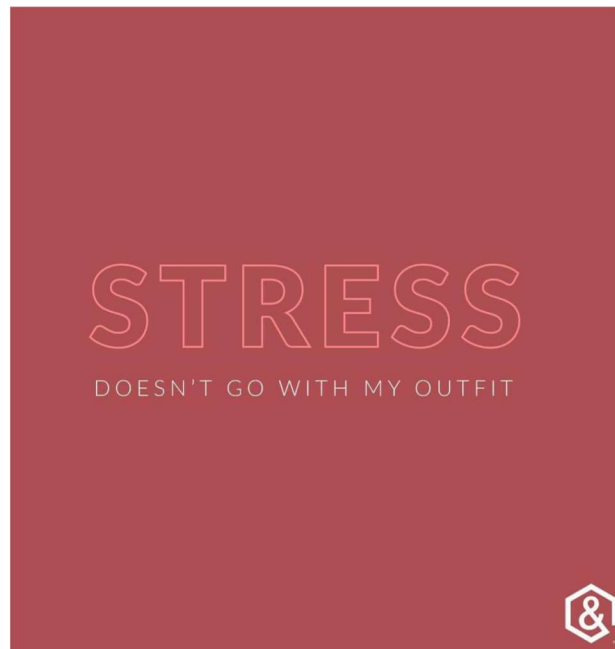


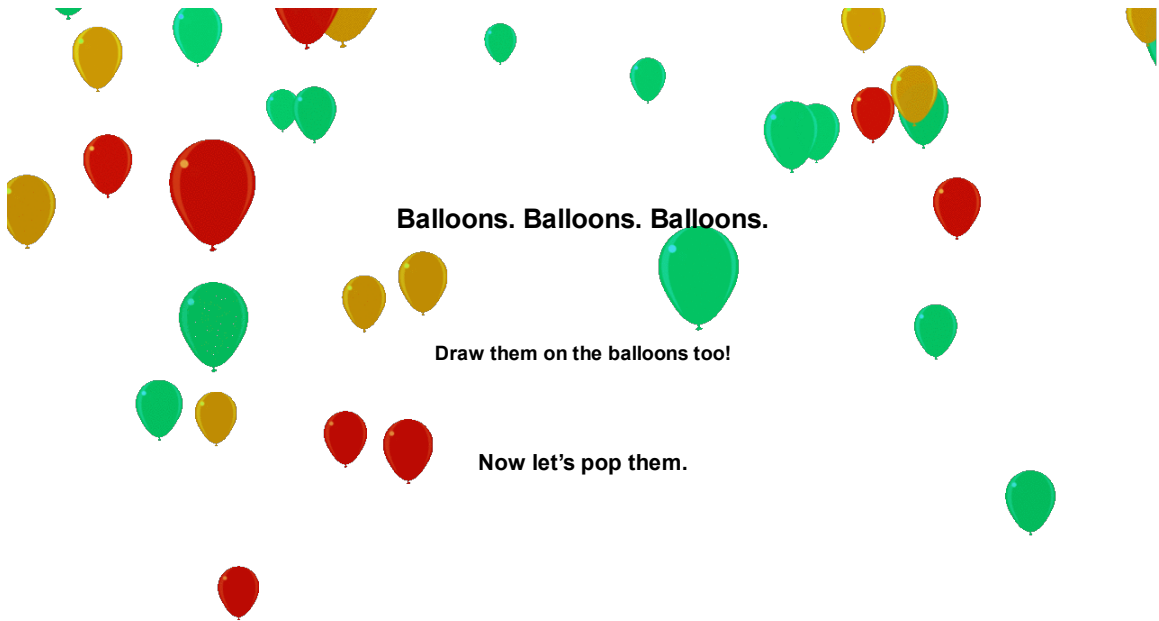
Questions for the discussion:

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?





Balloons. Balloons. Balloons.

Draw them on the balloons too!

Now let's pop them.



Website at a Glance

