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Wellbeing and connection are essential to develop a work-life balance as a psychology student. With the quick pace and large coursework of university, as well as having to depart from your established connections to move to a new city, it is easy to get overwhelmed and lonely. One way that I tackle this is by making the effort to maintain my established connections through virtual means such as group calls, playing online games together, and checking in on each other. In doing so, I get to come home from a long day of school to relax with my friends, even if we're not doing anything together. Just by being in a call together doing our own things, the social connectedness of simply existing together and chatting brings value into my life. When I have the time, playing video games with them is a great way to socially connect and have some laughs during stressful times during the semester. Thankfully my graduate student cohort also strives to ensure each one of us is taken care of, checking in on each other and having get-togethers to briefly escape from academic responsibilities.

Additionally, professional services such as therapy and counselling services are available at every institution. Whether you've reached your breaking point or just need an ear to air out your thoughts, these services can help immensely to detangle the complexity of daily stressors and ease the weight off your shoulders. My supervisor and professors are also understanding and accommodating both the physical and mental health of their students. If I need a day off to tend to myself or if I need a deadline moved back, I am thankful to know that I will likely be able to. A combination of both a strong support network and assistance from institutional services and staff can make the difference between having adequate wellbeing and connection and not.