

# Health & Wellness

To help you navigate your way through graduate school, the Office of Graduate Student Life & Wellness has created a website to act as a student life and wellness handbook.

On the website you will find the tools, resources, and information about events and programs that will not only help you succeed academically, but will also help you have a great Spartan experience overall.



## Dimensions of Wellness

Graduate Student Life & Wellness believes that wellness is multi-dimensional. The six dimensions of wellness are physical, emotional, spiritual, intellectual, occupational, and social. We design our events, programs, resources, and workshops around these dimensions. Learn more about each dimension through our interactive modules found at:

[careersuccess.msu.edu/wellness/dimensions](http://careersuccess.msu.edu/wellness/dimensions)

# Stay Updated!

Be in the know about upcoming events, programs, workshops, and resources designed specifically for graduate students by connecting with us online!



@MSUGradWellness



MSUGradWellness



MSUGradWellness.wordpress.com



MSUGRAD SCHOOL



Graduate School at  
Michigan State University



**Graduate Student Life & Wellness**

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## Invest in Wellness

# Graduate Student Life & Wellness

*Connecting you with  
the resources you need for success  
and a well-balanced life  
in graduate school.*

# Welcome Spartan Graduate!

Congratulations on beginning or continuing your graduate degree at Michigan State University!

Graduate school is one of the most challenging and rewarding experiences you will undertake.

That is why MSU's Graduate School is committed to enhancing graduate student life and wellness.



Graduate students who embrace wellness and get involved are more successful academically, more likely to complete their graduate degrees, and more desirable to employers.

## Student Life at MSU

Whether you are masters, PhD or a graduate professional student, getting involved with student life offers an array of benefits. Involved students are more likely to graduate and to be familiar with the academic support resources the university provides. These students also feel more connected to the university community around them.



### **Graduate Student Life & Wellness (GSLW):**

GSLW offers a wide range of programs including graduate fitness classes, leadership academy, dissertation support group, and workshops about sleep habits, time management, and productivity.  
*Careersuccess.msu.edu/wellness*

### **Council of Graduate Students (COGS):**

Students involved in COGS build leadership skills and have the opportunity to network with other students across the university. Representatives from all MSU colleges work together to serve the graduate student community.  
*Cogs.msu.edu*

### **The Graduate School:**

The Graduate School provides a variety of free workshops and services to help enhance graduate student education.  
*Grad.msu.edu*

## Partners in Wellness

GSLW programs, events, and resources are produced in collaboration between many MSU offices.



**Counseling Center:** The Counseling Center provides support to students, faculty and staff by assisting in decreasing stress, aiding the effort to provide a healthy environment, and helping students focus on personal and career goals.  
*Counseling.msu.edu*

**Olin Health Center:** Olin provides medical and dental care for students and their spouses during their enrollment at MSU. Olin also offers health promotion services including tobacco cessation, nutrition, and financial counseling.  
*Olin.msu.edu*

**Health4U:** Health4U provides faculty, staff, retirees, graduate student employees and their partners/spouses with education, opportunities, and support for developing and maintaining a healthy lifestyle. *Health4u.msu.edu*

**Employee Assistance Program (EAP):** The mission of the MSU Employee Assistance Program is to support and enhance the emotional health of the campus community. EAP provides emotional assistance to employees and their families.  
*Eap.msu.edu*