

UCSB Graduate Student Resources

How to Manage Conflict and Adversity in Graduate School



SRB = Student Resource Building

- Conflict and adversity can affect many facets of an individual's life: academic performance and achievement, collegiality, and emotional and physical health.
- There is no one resource that addresses every aspect of conflict or adversity.
- You may be referred to other resources to help you adequately address your needs.
- For additional resources, visit the Graduate Student Resource Center's Digital Resource Packet at www.gradpost.ucsb.edu/new-students/digital-resource-packet.