Colleagues,

Today is the first day of the National Graduate and Professional Student Appreciation Week, which celebrates the contributions, impact, and value of graduate and professional students throughout the United States. This year more than ever it is important for us all to pause and to celebrate your contributions. The extraordinary circumstances associated with the global effort to curb the spread of COVID-19 mean that our celebrations will be virtual and expand beyond just this week. While our appreciation efforts will look different than they traditionally have, we are embracing this opportunity to think creatively. The Graduate School will be sharing student spotlights, opportunities for virtual connection, and resources through our social media platforms as part of our Feel Good From Home campaign. Our first week of opportunities and our various resources can be found below. I hope you find the offerings our staff has put together for this time of social distance rewarding and fun and the resources helpful during this unprecedented situation.

Graduate and professional students are at the vital core of any great research university and to the mission and work of UConn. Our talented and enthusiastic graduate students expand the frontiers of knowledge in more than 120 graduate programs. They are embedded throughout the university serving critical functions from teaching in the classroom to performing cutting-edge research. Graduate students' work is vital to the core teaching and research missions of the University. Moreover, graduate students bring a rich diversity of experiences to our campuses, making our community more vibrant and exciting.

I am grateful for the work our graduate students do every day of the year, and I am especially grateful during this time of challenge. You make the University a better place. Thank you for calling UConn home for your graduate career and for your immeasurable contributions.
Feel Good From Home is our department’s effort to remain connected with graduate students and offer support to graduate students and their households during social distancing. Each day has a different activity, idea, or opportunity. We know this time is challenging, and we hope these opportunities will uplift you and provide distraction rather than more challenge. Please only try them out if you have the desire or the capacity!

This week’s theme is connection!

- Monday, April 6: Connect with an older family member or friend who might be feeling extra isolated! (Learn more about how older folks are experiencing social distance.)
- Tuesday, April 7: Learn a new card game! (Here are some possible games you can play as one person.)
- Wednesday, April 8: Try a new recipe! (This article recommends some recipes with common pantry staples.)
- Thursday, April 9: Work on a puzzle! Share the results with us through social media. Also be sure to check out The Graduate School’s Question and Answer session at 1:15pm!
- Friday, April 10: Use a video conferencing platform to do a family or friend hangout! Make it a coffee hour or happy hour! Or play a word game together.
- Saturday, April 11: Reach out to a member of your program to say hello. Email, phone call, text message, just say hello!
Resources for Graduate Students

UConn's Coronavirus (COVID-19) Website
The Graduate School's Coronavirus (COVID-19) Website
The Graduate School's COVID-19 Frequently Asked Questions
Coping with the Suspension of Research
Student Health and Wellness