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 celebration! We are so impressed by all our graduate students who are wrapping up this challenging semester. We are particularly proud of our graduate students who have successfully completed their programs and are graduating. We know this week is not what students imagined when they started their graduate school journey, and with everything that is happening in the world, celebration might feel out of place. We have made this week about celebrating because we think graduate students and the folks who support them
deserve this moment of celebration, this moment of closure on a challenging semester. Whatever you are feeling, we hope you get a moment to feel special and to reflect on your accomplishments this year.

As usual, the resources for graduate students are listed below. Please also feel free to reach out to The Graduate School if you are struggling. We all deserve to feel good from home.

- Monday, May 4: Reach out to someone who has been important in your graduate school journey and tell them!
- Tuesday, May 5: Check out photos from this past year. Share ones that bring you joy!
- Wednesday, May 6: Shamelessly share one of your accomplishments from this year! You deserve to be proud of what you have done (even if what you have done is just persisted and made it to the end of the year)!
- Thursday, May 7: Complete a mad lib about graduate school. We have one created by our amazing student staff that we will be sharing through our social media later this week!
- Friday, May 8: Congratulate folks who would have been celebrating commencement this weekend! And if you were meant to graduate, we hope you have the capacity to celebrate yourself a little. Here are some ways to celebrate. Send us what you did to celebrate!
  - Make or order some of your favorite foods!
  - Make your day a theme day! Throw on some beach sounds, find a YouTube channel or screen saver that looks like the ocean, lay out a beach towel, even wear your swimsuit. Make your day fun and memorable in a new way.
  - [This article](#) has some ideas to try instead of a graduation party!
- Saturday, May 9: We invite you to attend UConn's first ever virtual commencement at 12PM EDT on [UConn's Youtube Channel](#). Give yourself permission to feel all your feelings about the end of this year. Joy, rage, disappointment, pride, gratitude, celebration, it is all valid!
- Sunday, May 10: We rarely make our graduate school journey alone. Have a conversation with someone who always lifts you up and celebrate a little with them.
Maybe this person is your mom or your kids. Happy Mother’s Day to all who are also celebrating moms and mother figures this Sunday.

Thank you for all your work and your perseverance that made this semester possible. We will still be providing our Feel Good From Home series now that semester is concluding, so stay tuned! Our staff also continues to be available, so if you have questions or concerns, please feel free to reach out to gradschool@uconn.edu.

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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
UKindness
Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.