Graduate Students: Avoiding Isolation

Your days of taking formal classes are over. The independent projects have been going well… until recently.

A feeling of isolation or loneliness has started to set in, making it more difficult to feel motivated about your work.

Maybe you are:

- pushing yourself to meet deadlines
- travelling abroad for research
- painting your thesis exhibit in a remote studio
- studying for comprehensive exams
- working without the support of your advisor

Any of these scenarios can keep you working long hours, usually by yourself. But you’re not alone in your experience. Feelings of isolation are more common among graduate students during their final semesters when independent work is required.

Here are tips from other graduate students for balancing work and life:

- join a support network of other graduate students
- attend a conference for personal or professional development
- attend a drop-in workshop or wellness class on campus
- join a professional organization associated with your chosen career
- plan a visit, even a short one, to a friend or family
- sign up for a physical fitness class at an area gym or on campus
- volunteer with a group you’ve always wanted to help
- investigate a spiritual community if this aligns with your belief system
- check out ENGAGE to explore over 600 campus organizations and clubs
- Meetup.com [try keyword- Greenville] – The goal of meetup.com is to find well-established organizations and groups in your area to join. You can also start your own group. [Note: this is not a dating site]

If your feelings persist beyond what you feel you’re comfortable with, or you have any questions about a friend, please contact CCSD at 252-328-6661.