

Promoting Graduate Student Health and Wellness – An International Focus

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UNIVERSITY OF
ARKANSAS

Graduate School
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The Graduate School and International Education

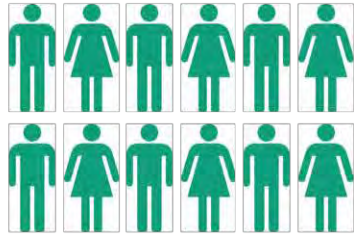
18%

INTERNATIONAL STUDENTS

FASTEST GROWING

public doctoral institution in the country

Chronicle of Higher Education -2017



4,025

GRADUATE STUDENTS ENROLLED



GRADUATE PROGRAMS



50:50 RATIO

OF MALE TO FEMALE GRADUATE STUDENTS ENROLLED



115

COUNTRIES REPRESENTED



1,491

GRADUATE DEGREES AWARDED IN 2017

1,569

GRADUATE ASSISTANTSHIPS AWARDED



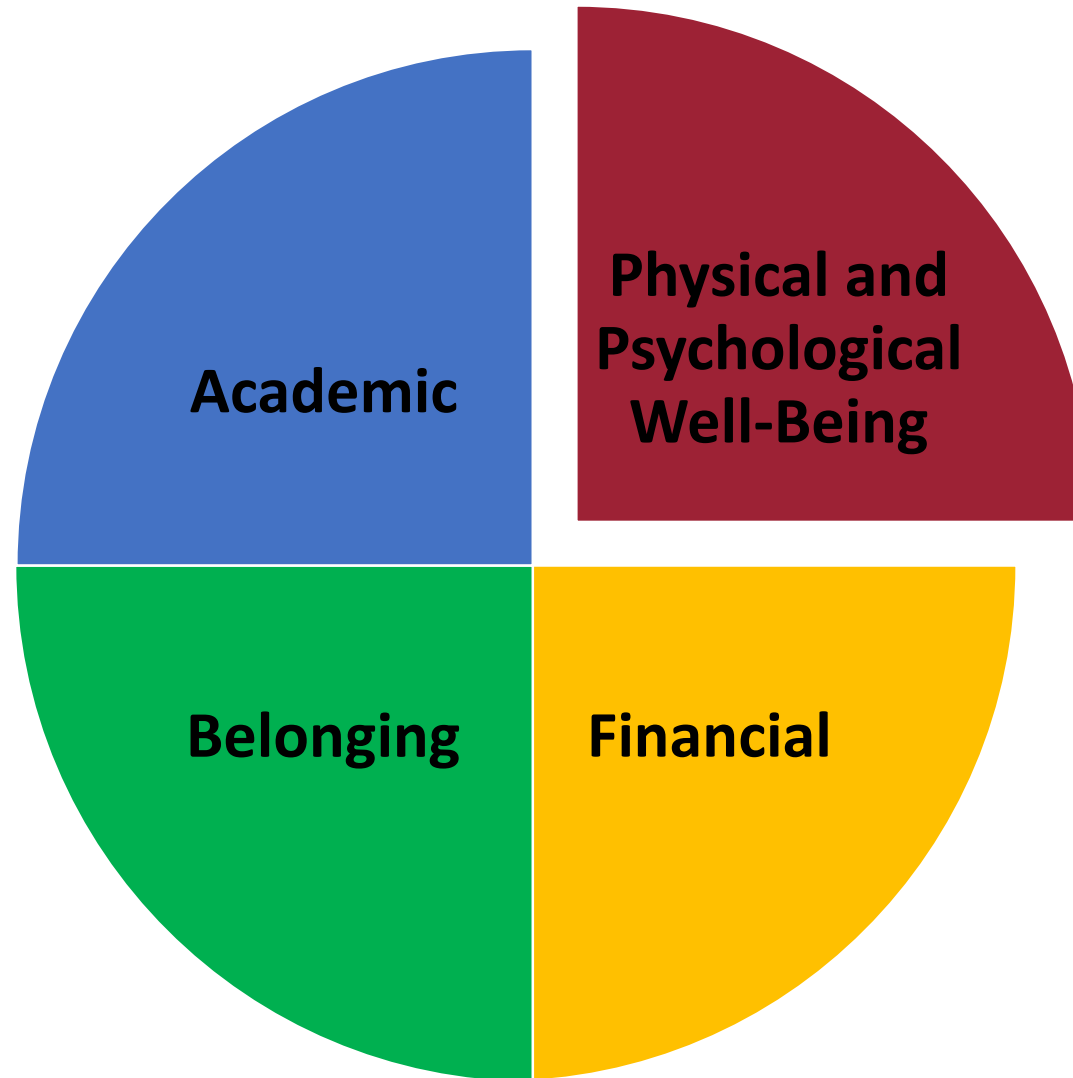
265

INTERNATIONAL SCHOLARS

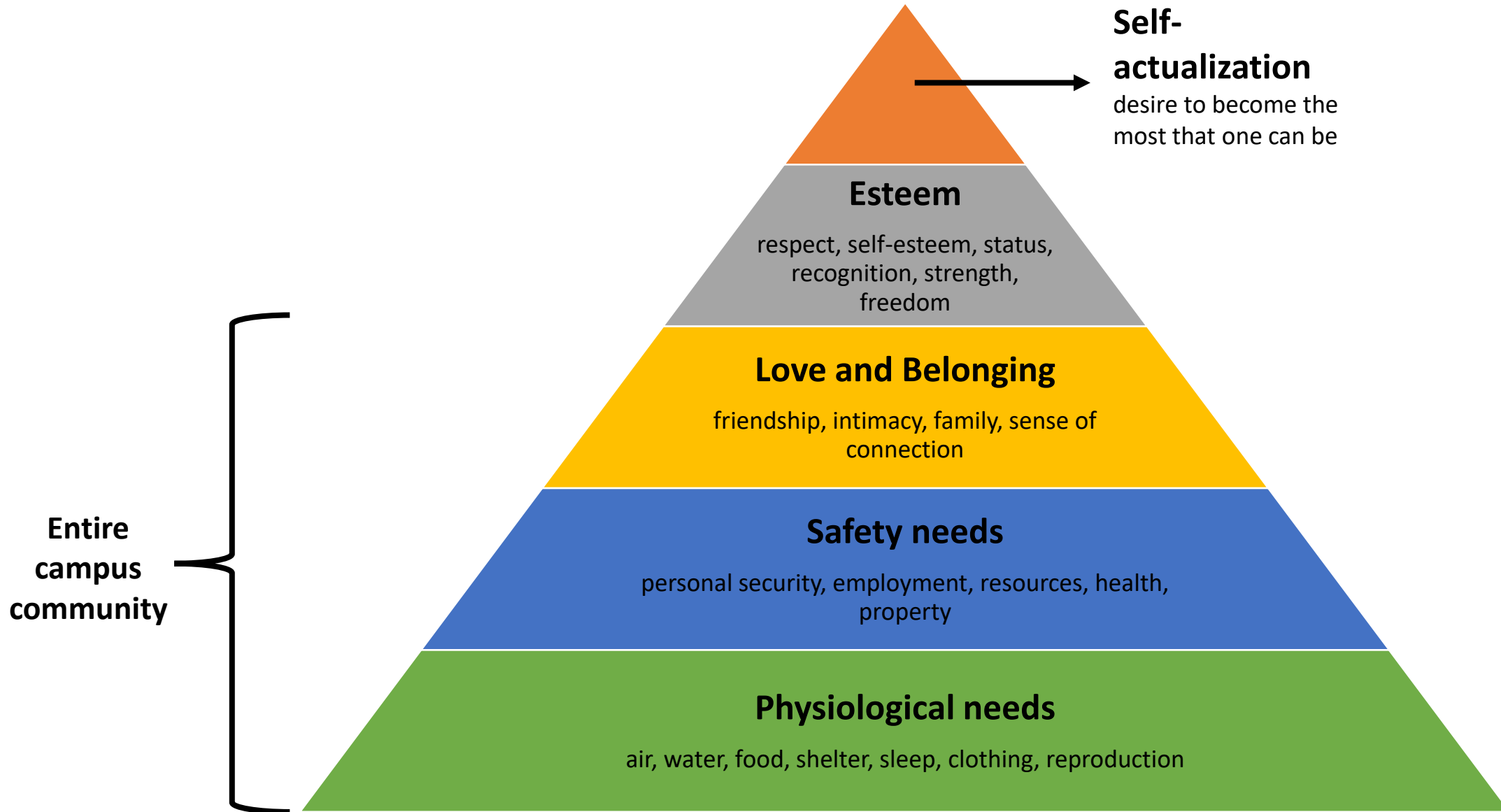
51 FULBRIGHT SCHOLARS ENROLLED



Student Success Strategy at the U of A



Maslow's Hierarchy of Needs



Setting The Right Tone

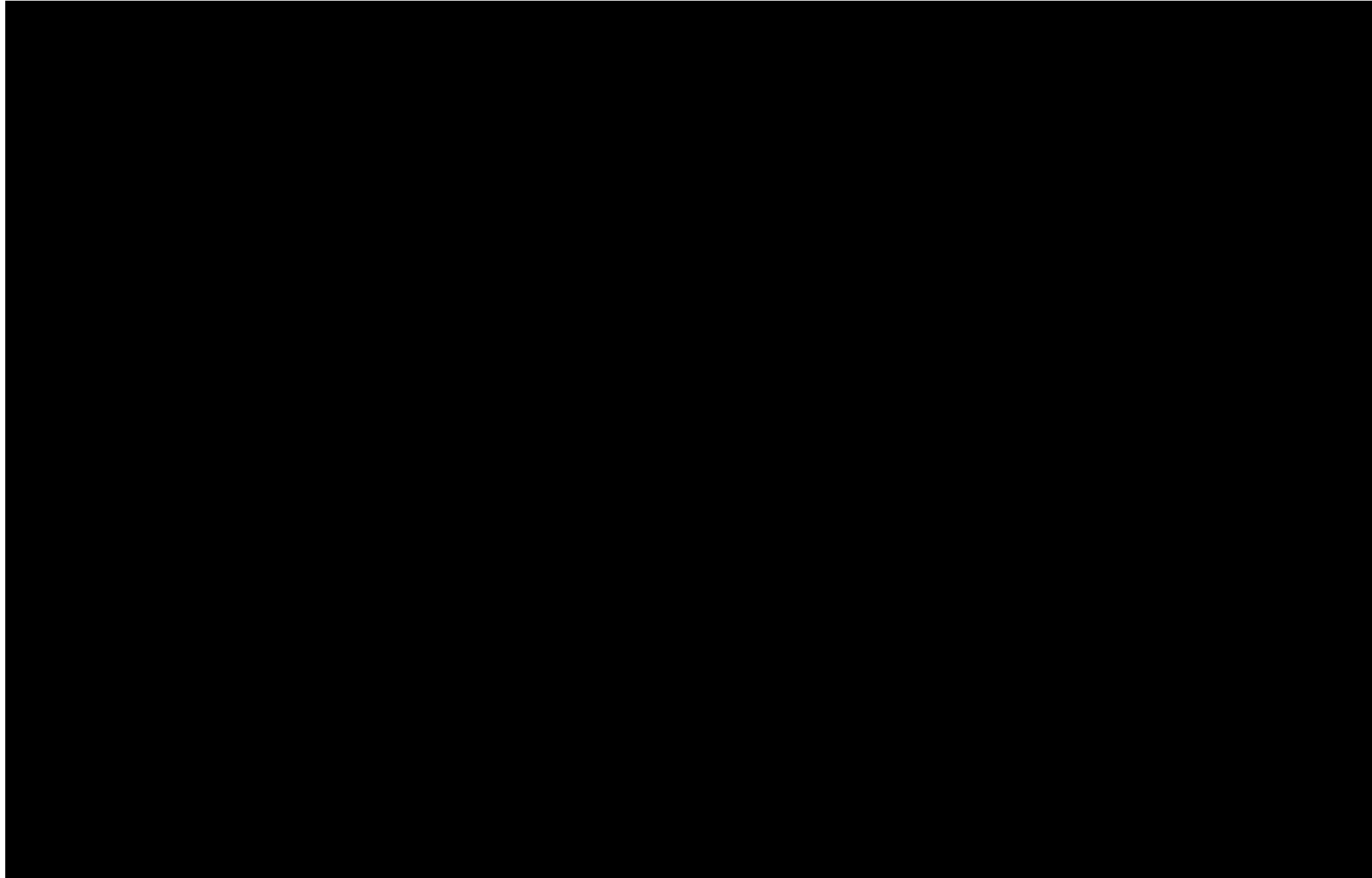
International graduate applications and first-time enrollment at U.S. institutions declined for the first time in more than a decade*

Concentrated efforts to welcome international students

- You Are Welcome Here – aimed at international students and scholars
- <https://www.youtube.com/watch?v=-GZq0MdFac4>

*[CGS International Graduate Admissions Survey](#), January 30, 2018

You Are Welcome Here



Continuous Support Throughout the International Student Experience

1. Pre-Arrival
2. On Boarding
3. During the Academic Program
4. Celebration & Appreciation



Pre-Arrival

- Student Management Tool
 - Delivers logistics and information and allows students to submit requested documents
- Two Blackboard courses for international graduate students
 - Academic Integrity
 - Online orientation (working in small groups, adjusting to teaching styles, life in Fayetteville)
- Live webinars for visiting & exchange students
 - Opportunities to connect virtually with staff and fellow new students
 - Multiple sessions to accommodate students in different time zones
- Free shuttle service from the local airport to campus

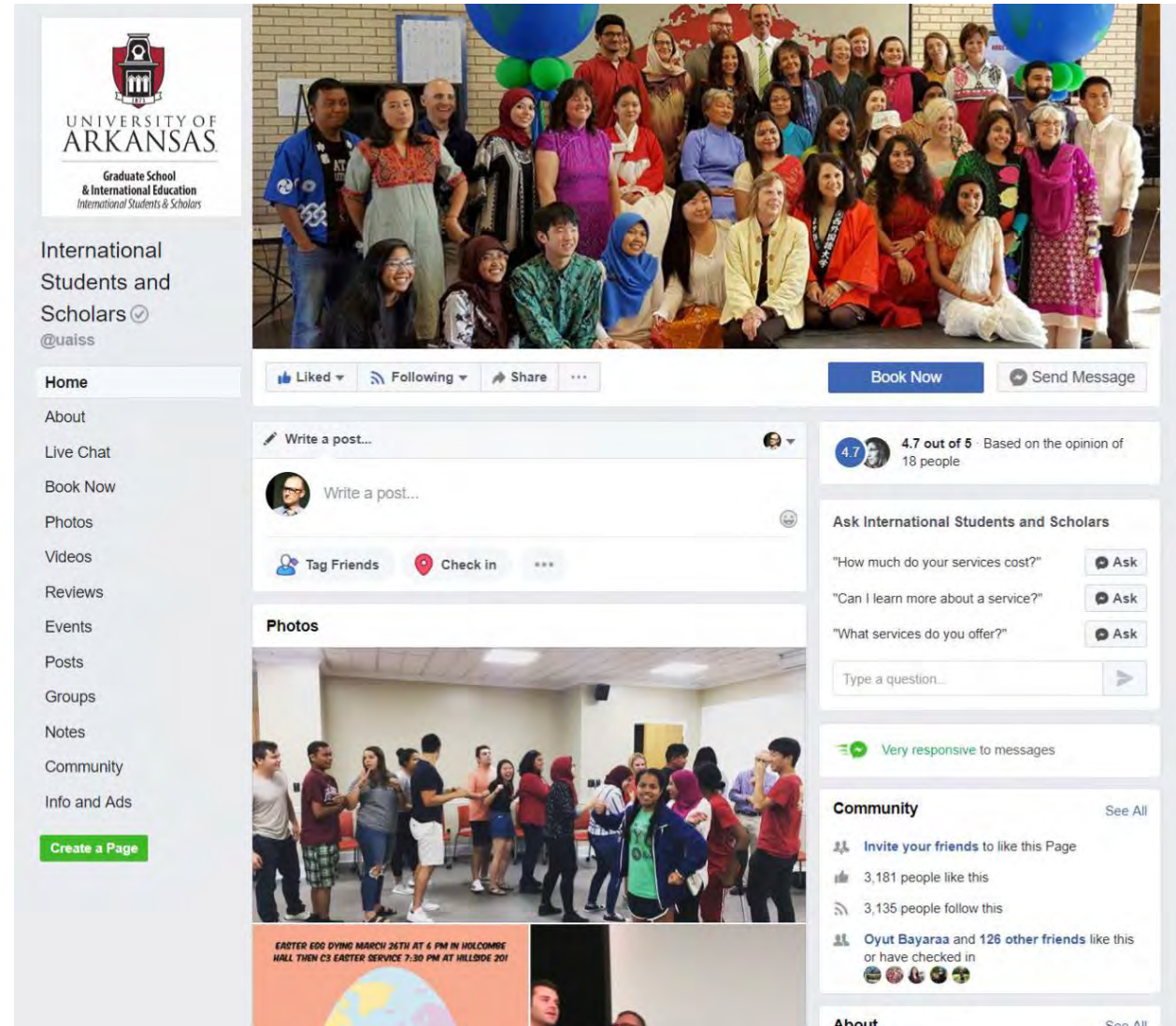


Pre-Arrival

Social Media

- Blogs
- Facebook
- Instagram
- Twitter
- YouTube

#razorgrads
#intlhogs



On Boarding

- Immigration Basics Sessions
 - Mandatory for all international students in F or J status
 - Offered twice a day for the first few weeks of arrival period
- Addressing Logistical Concerns
 - Special rate for temporary housing at a nearby long-stay hotel
 - Shopping trips with volunteers
- Graduate International Orientation
 - Small group sessions led by American and international graduate cross cultural mentors
 - Mix of important information and community building from faculty, staff and students



Cross Cultural Mentors

On Boarding (cont.)

Razorgrad Institute for Success & Engagement (RISE)

- Helps new graduate students from underrepresented groups build a strong community network
- Provides resources, mentoring and tools for a successful transition into graduate school
- 2018 Inaugural Class
 - 14 total participants with 2 student mentors
 - 2 international & 2 Puerto Rican students
 - Topics include:
 - Stress and Anxiety Toolbox
 - Managing Personal Finances
 - Seven Habits of Highly Effective People
 - “Southern American Culture”



During the Academic Program

FREE coffee FRIDAYS

8 A.M. - 5 P.M.
EVERY FRIDAY THIS FALL
GRADUATE STUDENT LOUNGE (GEAR 206)

UNIVERSITY OF ARKANSAS
Graduate School & International Education

GRADUATE STUDENT CAREER ADVISING

**EVERY MONDAY
12:30-2:30 P.M.
GRADUATE STUDENT LOUNGE (GEAR 206)**

Resume/CV Reviews • Cover Letter Help • Interview Tips
Walk-ins welcome, priority appointments scheduled via Handshake

Sponsored by the Career Development Center and the Graduate School and International Education

UNIVERSITY OF ARKANSAS



Enjoy a cup of coffee and a donut, and learn about Career Tips for Graduate Students.

Starting every 30 minutes from 9-11 a.m.

THURSDAY, AUG. 30

**GRADUATE STUDENT LOUNGE
(GEARHART HALL 206)**

Sponsored by the Career Development Center and the Graduate School and International Education.



Let's Talk!

Stressed? Feeling down? Academic issues? Why not sit with a mental health counselor?

Let's Talk offers brief, informal & confidential mental health consultations for students.

Consultations are free, no appointment needed & first-come, first-serve. [Learn more: health.uark.edu](http://health.uark.edu)

Tuesday's | 2-4 PM
Bell Engineering Center
Upchurch Room 3162

Friday's | 2-3:45 PM
Arkansas Union
Conference Room 301

a caps outreach program

Celebration & Community Building



Friendship Family



Campus Cousins

Celebration & Community Building (cont.)



International Culture Team

Recognition Events



We are committed to the health and well-being of our international students!



"I'm thankful for the University of Arkansas because I feel like it's a student-friendly university. It does a lot for the students."

*Left: Sumana Venkat
Graduate Student, Biology*

*Right: Shilpi Agrawal
PhD student, Biochemistry*

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University of Arkansas

uarkansas #UARK Graduate students Shilpi Agrawal and Sumana Venkat are thankful for the University of Arkansas and more.

Agrawal explained, "this is the first university I've ever come to in the United States, and I have many friends at other universities. When I talk to them I feel like this university does a lot of things for the students which others do not. It takes care of us. I've been here for 2.5 years now, and I never felt like I'm not at home."

4 DAYS AGO

Log in to like or comment.