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.