NUSGS Student Life & Wellbeing

# Graduate journey starts

with NUS Graduate School





### Hostel

Application Guide - Graduate https://nus.edu.sg/osa/student-services/hosteladmission/graduate

Application Guide - Non-graduating https://nus.edu.sg/osa/student-services/hosteladmission/non-graduating

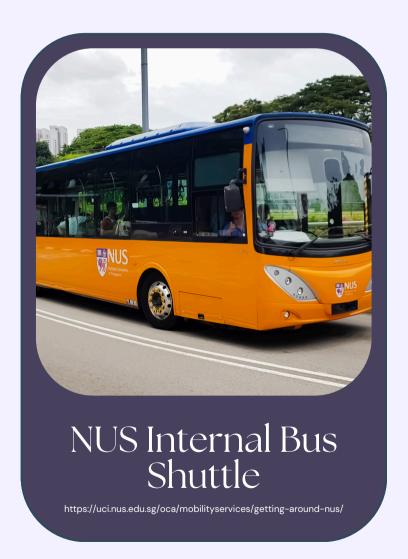
Other Accommodation https://nus.edu.sg/osa/student-services/hosteladmission/other-accommodation

Housing Agreement and Rules & Regulations https://nus.edu.sg/osa/student-services/hostel-admission/housing-agreement

Ask Hostel Admission https://www.hosteladmission.nus.edu.sg/

# Around campus







## Around Campus



Sports Facilities

Keep your physical body healthy with exercise will improve your stamina.

https://uci.nus.edu.sg/cl/suu/sports-facilities/



Library

Partnering the NUS community to advance scholarship and research.

https://nus.edu.sg/nuslibraries



University Health Centre

Providing healthcare for body & mind..

https://www.nus.edu.sg/uhc

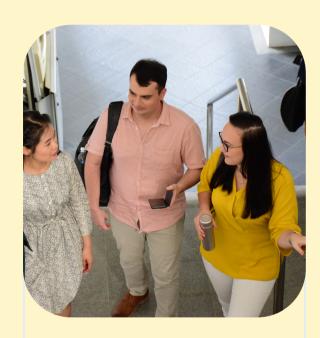


Centre for Futureready Graduates

Preparing you to be careerready throughout your time with the university.

https://nus.edu.sg/cfg/

# Graduate Student Wellbeing



Graduate Connect

Linking with graduate students

Monthly T-Connexion



Grad Students Society

Heart of graduate students' social and academic life

https://www.nusgss.com/



Other Grad Student Group

Department based graduate students' group.

List of dept based student group



Graduate Student Support

Where to seek help?

https://nus.edu.sg/osa/student-services/sw/student-supportresources

# Graduate Student Support Framework

Graduate Peer Student
Supporter
Drop by these locations to
speak them.

Faculty Student Support

Managers (SSM) /

Residential Wellness

Manager (RWM)

Chat with them if you need queries on academic & wellness.

UHC Counselling Service Make appointment if you feel that you exhaust all your options.

Intellect
After-office hours
counselling and premium
access to self-guided tools via
Intellect App.

Thesis Advisor
Consult them on academic or wellness issue.

### Graduate Peer Student Supporter

The <u>Peer Student Supporters</u> (PSS) Programme is an initiative by the Office of Student Affairs (OSA) and supported by the NUS Graduate School (Student Life and Well-being). Graduate Peer Supporters (PSs) play an important part in the support ecosystem for graduate students in NUS.

Graduate PSs are equipped with the necessary basic helping skills to be friend and support their peers who are in need and guide them to the appropriate help and resources available in NUS.

Graduate PSs will support the graduate community from Feb to Nov. During the semester, they will be deployed at selected venues on campus at two time-slots; 11 am and 5 pm.

Please email <u>nusgradwellbeing@nus.edu.sg</u> to arrange for a session to speak with a Graduate PS.

[Recruitment for Graduate PSs is currently underway. The next recruitment cycle will be commence in Dec 2024.]



### Intellect

#### Unlock FREE Premium Access Today



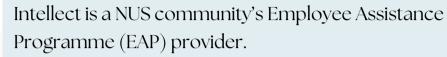




- 1. Select Join with your Organisation
- 2. Click Login with SSO
- Create account with your NUS student email\* and password

\*Please do not use your friendly email





For Counselling services after office hours:

Call 800 852 8534 to schedule for a Virtual or F2F session

#### Virtually through the Intellect app:

• Available: weekdays 6PM onwards to the next day 9AM, weekends and PH

#### Face-to-Face (F2F) appointments at Intellect's Care Rooms:

- 171 Tras St, #O2-179 Union Building, Singapore O79O25
- Available:
- Weekdays 6PM to 9PM, Saturdays 10AM to 12PM
- Sundays and PH are closed

All data is 100% private, confidential, and anonymous

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# Graduate Snippet







Intellect

NUSGS

**NUS Heart** 

# Professional Counselling Support

NUS On-Campus

University Counselling Services
6516 2376
ucs@nus.edu.sg

NUS Lifeline (24 hours) 6516 7777

Off Campus External Organisations

Samaritans of Singapore (SOS) 1767 (24 hours) pat@sos.org.sg www.sos.org.sg (24 hour Chat/Text)

Community Mental Health Assessment
Team (CHAT)
64936500
CHAT@mentalhealth.sg

E-counselling for Youths:eC2.sg www.fycs.org/our-work/youth/ec2/

Institute of Mental Health 63892222 National CARE Hotline 1800-2026868

### Get in touch!

nusgradwellbeing@nus.edu.sg 21 Lower Kent Ridge Road Tan Chin Tuan Wing University Hall #05-03 Singapore 119077

### Feedback Form

We need to c

www.nusgs.nus.edu.sg

Don't use beyond this group.
Thanks!

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### Graduate Peer Student Supporter Recruitment

Join us as a Graduate Peer Student Supporter

The <u>Graduate Peer Student Supporters (PSS)</u>. Programme is an initiative by <u>OSA Student Wellness</u>. Graduate PSs will be equipped with the necessary basic helping skills to be friend and support their peers who are in need and guide them to the appropriate help and resources available.

#### Roles of a PSS

- To provide peer support on campus for students
- To organise outreach and wellness projects and events to promote self-care and community-care
- To guide peers to the appropriate help and resources available on campus

Note: PSSs are not counsellors

Recruitment for Graduate PSs is currently underway. The next recruitment cycle will be commence in Dec 2024.

### Graduate Peer Student Supporter

Peer Student Supporters (PSS)

Feeling stressed? Whether it's adapting to student life, exams, or emotional disconnect, life can be stressful at NUS, but you are not alone. Our caring Peer Student Supporters are here to lend a listening ear.

They are fellow students who have undergone training to be equipped with skills to befriend and support peers. They'll be able to guide you to appropriate help and resources within campus. You don't have to be an expert to help a friend!

During the semester, PSS are stationed at <a href="mailto:Pitstop@UTown">Pitstop@UTown</a>- Mondays to Fridays (1-5pm).

Otherwise, please email <u>OSAcares@nus.edu.sg</u> to arrange for a session to speak with a PSS.

Throughout the year, PSS also organise outreach and wellness events to promote self-care and community-care. Follow them on Instagram <a href="mailto:@nus.pss">@nus.pss</a> to be updated.

What are the benefits of speaking with a peer?

Students may benefit from the support and empathy of a peer, and may choose to speak with a PSS for many reasons. Some students may find it easy to connect with a peer who is at a similar life stage and who may be experiencing similar life challenges. They may find the drop-in setup less intimidating than more formal services or they may be unsure if the issues they are facing warrant connecting with a professional. Speaking to a PSS is like speaking with a friend.

Who are our PSS?

A friendly face here to lend you a listening ear during your NUS journey.

### Graduate Peer Student Supporter Recruitment

#### Join us as a Peer Student Supporter

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#### Prerequisites:

- Application is open to both full time 2nd year Graduate students from NUS
- Passed interview selection

#### APPLY NOW

Application for the programme running in AY23/24 Semester 2 is now open!

Email us at <u>studentwellness@nus.edu.sg</u> if you have questions about the eligibility and course requirements or would like to indicate your interest for the next available run.

# Student Support Managers List

#### **NUS Business School**

Yuen Pek Li Joane (MBA/EMBA) bizplj@nus.edu.sg

Taffy Ng (PhD) taffy\_ng@nus.edu.sg

Eng Pui Leng (PhD ORA) oraepl@nus.edu.sg

Low Yan Ling (MSC) yllow@nus.edu.sg

Loh Meng Chie Karelin (MSC) kare.loh@nus.edu.sg

#### School of Computing

Adele Chiew adelechiew@nus.edu.sg

Ooi Lei Shi leishi@nus.edu.sg

Nicholas Cheang nic.ctc@nus.edu.sg

#### College of Design and Engineering

Vivian Lee vivianl@nus.edu.sg

Shanmuga Priya D/O Subramaniam sps@nus.edu.sg

Wee Ye Xuan yex.wee@nus.edu.sg

#### College of Humanities and Social Sciences

Lynn Seah ((FASS) lynnseah@nus.edu.sg

Mark Tan (FASS) mark.tan@nus.edu.sg

Tan Xin Yi (FASS) xinyi.t@nus.edu.sg

May Koh (FoS)
May kgb@nus.edu.sg

Teo Teck Hwa Vincent (FoS) vinc.teo@nus.edu.sg

Eliza Tan Li Tse (FoS) elizatan@nus.edu.sg

#### Faculty of Dentistry

Chew Poh Hong (PG) dencph@nus.edu.sg

#### DUKE-NUS Medical School

Muhammad Yusuf Bin Abdual Rahma yusuf.rahman@dukenus.edu.sg

Catherine Megahwani megahwani.lao@dukenus.edu.sg

#### Institute of Systems Science

Charles Pang T-Howe charlespang@nus.edu.sg

### SSM Contact List

Faculty of Law

Grace Lam gracelam@nus.edu.sg

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Integrative Sciences & Engineering

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Lee Kuan Yew School of Public Policy

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Sherry Foo Xueli sppsfx@nus.edu.sg

Saw Swee Hock School of Public Health

Teo Mou De ephtmd@nus.edu.sg

Leng Nur Ashikin Binte Mhd Yusuf nurashikin.leng@nus.edu.sg

School of Continuing Learning and Education (SCALE)

> Nisha Alex nishalex@nus.edu.sg

Yong Loo Lin School of Medicine

Chong Siew Ling medchon@nus.edu.sg

Janice Loh med.janiceloh@nus.edu.sg

> Chua Jin Sze js.chua@nus.edu.sg

Geetha Sreedhara Warrier medgsw@nus.edu.sg

Sam Suet Chian sc.sam@nus.edu.sg

Yong Loo Lin School of Medicine (Nursing, ALCNS)

> Lubna Shah nurlis@nus.edu.sg

> Hu Yanan, Bridget nurhy@nus.edu.sg

Yong Siew Toh Conservatory of Music

Chao Shun Xian Jasmine jchao@nus.edu.sg

### SSM Contact List

Faculty of Law

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Integrative Sciences & Engineering

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Lee Kuan Yew School of Public Policy

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Sherry Foo Xueli sppsfx@nus.edu.sg

Saw Swee Hock School of Public Health

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Leng Nur Ashikin Binte Mhd Yusuf nurashikin.leng@nus.edu.sg

School of Continuing Learning and Education (SCALE)

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> Chua Jin Sze js.chua@nus.edu.sg

Geetha Sreedhara Warrier medgsw@nus.edu.sg

Sam Suet Chian sc.sam@nus.edu.sg

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> Hu Yanan, Bridget nurhy@nus.edu.sg

Yong Siew Toh Conservatory of Music

Chao Shun Xian Jasmine jchao@nus.edu.sg

No.	Hostel	Name	Email	
1	PGP Residence (PGPR)	Han Qiao Ying, Amanda	amanda_h@nus.edu.sg	
2	UTown Residence (UTR)	Chan Tiong Yan, Patrick	cpatrick@nus.edu.sg	
3	Tembusu College		goh_si_wei@nus.edu.sg	
4	Residential College 4 (RC4)	Goh Si Wei		
5	College of Alice and Peter Tan (CAPT)	Tammie Moo	tammic@nus.edu.sg	
6	Ridge View Residential College (RVRC)	rainine woo		
7	Pioneer House			
8	LightHouse	Jaya Rajesh	jaya@nus.edu.sg	
9	Helix House			

### Residential Wellness Managers

No.	Hostel	Name	Email	
10	Eusoff Hall			
11	Temasek Hall	Lavina D'Cruz	lavina@nus.edu.sg	
12	Raffles Hall			
13	Kent Ridge Hall			
14	Sheares Hall	Pragati Pritmani	prag.p@nus.edu.sg	
15	King Edward VII Hall			
16	NUS College	Sophic Loo	soph@nus.edu.sg	

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Our Graduate PSs will be deployed at the following on campus venues:

Time	Mon	Tue	Wed	Thu	Fri
11am-12nooi	n Starbuck@S9	Burnt Cones@ MD11	Tea Party@USC	CBTL@COM3	-
5pm-6pm	Atrium@MD11	The Coffee Roaster@AS8 *3pm-4pm*	Burnt Cones@MD11	Starbuck@ Techno Edge	Starbuck@S9

Please email <u>nusgradwellbeing@nus.edu.sg</u> to arrange for a session or walk-in to speak with a Graduate PS.

