

NUSGS Student Life & Wellbeing

Graduate journey *starts*

with NUS Graduate School





Hostel

Application Guide - Graduate

<https://nus.edu.sg/osa/student-services/hostel-admission/graduate>

Application Guide - Non-graduating

<https://nus.edu.sg/osa/student-services/hostel-admission/non-graduating>

Other Accommodation

<https://nus.edu.sg/osa/student-services/hostel-admission/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



uNivUS App
<https://uci.nus.edu.sg/oca/retail-dining/food->
https://play.google.com/store/apps/details?id=sg.edu.nus.univus&hl=en_SG&gl=US



NUS Internal Bus Shuttle
<https://uci.nus.edu.sg/oca/mobilityservices/getting-around-nus/>



Food & Beverage
<https://uci.nus.edu.sg/oca/retail-dining/food-and-beverages/>

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 Future-ready Graduates

Preparing you to be career-ready 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-support-resources>

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 Peer Student Supporters (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 befriend 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 nusgradwellbeing@nus.edu.sg 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**
3. Create account with your **NUS student email*** and password

**Please do not use your friendly email*

 All data is 100% private, confidential, and anonymous

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Intellect is a NUS community's Employee Assistance Programme (EAP) provider.

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, #02-179 Union Building, Singapore 079025
- Available :
- Weekdays 6PM to 9PM, Saturdays 10AM to 12PM
- Sundays and PH are closed

Graduate Snippet



Videos TBA

Intellect



Videos TBA

NUSGS



Videos TBA

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

Don't use beyond this group.
Thanks!

Graduate Peer Student Supporter

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

Graduate Peer Student Supporter Recruitment

Join us as a Graduate Peer Student Supporter

The Graduate Peer Student Supporters (PSS) Programme is an initiative by OSA Student Wellness. Graduate PSs will be equipped with the necessary basic helping skills to befriend 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 [Pitstop@UTown](#) Mondays to Fridays (1-5pm).

Otherwise, please email OSAcare@nus.edu.sg 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 [@nus.pss](#) 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.

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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 studentwellness@nus.edu.sg 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
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Chew Poh Hong (PG)
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DUKE-NUS Medical School

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Institute of Systems Science

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SSM Contact List

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School of Continuing Learning and Education (SCALE)

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Sam Suet Chian
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Yong Loo Lin School of Medicine (Nursing, ALCNS)

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Yong Siew Toh Conservatory of Music

Chao Shun Xian Jasmine
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Yong Siew Toh Conservatory of Music

Chao Shun Xian Jasmine
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Residential Wellness Managers

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	goh_si_wei@nus.edu.sg
4	Residential College 4 (RC4)		
5	College of Alice and Peter Tan (CAPT)	Tammie Moo	tammie@nus.edu.sg
6	Ridge View Residential College (RVRC)		
7	Pioneer House	Jaya Rajesh	jaya@nus.edu.sg
8	LightHouse		
9	Helix House		

No.	Hostel	Name	Email
10	Eusoff Hall	Lavina D'Cruz	lavina@nus.edu.sg
11	Temasek Hall		
12	Raffles Hall		
13	Kent Ridge Hall	Pragati Pritmani	prag.p@nus.edu.sg
14	Sheares Hall		
15	King Edward VII Hall		
16	NUS College	Sophie 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-12noon	Starbuck@S9	Burnt Cones@MD11	Tea Party@ <u>USC</u>	CBTL@COM3	-
5pm-6pm	Atrium@MD11	The Coffee Roaster@A58 *3pm-4pm*	Burnt Cones@MD11	Starbuck@ Techno Edge	Starbuck@S9

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

