1. **Self Care for Graduate Students by Caitlin Riley, LMSW** (pre-recorded powerpoint presentation) [https://mediaspace.msu.edu/media/1_d6jtsdlh](https://mediaspace.msu.edu/media/1_d6jtsdlh)

2. **Coping with Adjustment by Martez Burks, PH.D. and Sarah Fay-Simons, LMSW** (pre-recorded powerpoint presentation w/presenters present) [https://mediaspace.msu.edu/media/1_gfhq2f50](https://mediaspace.msu.edu/media/1_gfhq2f50)

3. **Coping with COVID-19 by Zhenshan Zhong, Dr. Jimmy Bruce and Dr. Yvonne Connelly** (pre-recorded powerpoint presentation w/presenters present) [https://mediaspace.msu.edu/media/1_16g8fog3](https://mediaspace.msu.edu/media/1_16g8fog3) (part 1)  
[https://mediaspace.msu.edu/media/1_t1r72ck7](https://mediaspace.msu.edu/media/1_t1r72ck7) (part 2)  
[https://mediaspace.msu.edu/media/1_is634elz](https://mediaspace.msu.edu/media/1_is634elz) (Part 3)

4. **Exploring Gratitude by Jeff Baker, LLPC and Silvia G. Leija, M.S., LMFT** (podcast) [https://mediaspace.msu.edu/media/1_y0h6duot](https://mediaspace.msu.edu/media/1_y0h6duot)

5. **Gratitude Meditation by Silvia G. Leija, M.S., LMFT** (podcast) [https://mediaspace.msu.edu/media/1_ozrvvibz](https://mediaspace.msu.edu/media/1_ozrvvibz)

6. **Mindfulness Skills (Breathing) by Jeffery Boyce, LLBSW** (podcast) [https://mediaspace.msu.edu/media/1_ry56yy9](https://mediaspace.msu.edu/media/1_ry56yy9)

7. **S.P.A.R.T.A.N. Training (Informational)** [https://mediaspace.msu.edu/media/0_hz7ldrdb](https://mediaspace.msu.edu/media/0_hz7ldrdb)

8. **Exploring Couple Dynamics by Ginny Blakely, LMSW and Jessica Mitchell-Corsino, Psy.D., LP** (prerecorded, with accompanying supplemental video, presenters present) 
Part 1 [https://mediaspace.msu.edu/media/0_87gw601w](https://mediaspace.msu.edu/media/0_87gw601w) 
Part 3 [https://mediaspace.msu.edu/media/Exploring+Couple+Dynamics+%28Pt.3%29+by+Ginny+Blakely%2C+LMSW+and+Jessica+Mitchell-Corsino%2C+Psy.D.+%2C+LP%2C+MSU+CAPS%2F1_r2qjd0p4](https://mediaspace.msu.edu/media/Exploring+Couple+Dynamics+%28Pt.3%29+by+Ginny+Blakely%2C+LMSW+and+Jessica+Mitchell-Corsino%2C+Psy.D.+%2C+LP%2C+MSU+CAPS%2F1_r2qjd0p4)
Counseling and Psychiatric Services (CAPS)
TeleOutreach Resources

9. Mental Health 101 in International Students by Zen Zhong, LLPC, DK Sung, PhD, LP, and Basak Khamush, PhD, LP (Powerpoint Series)

   Part 1: Psychoeducation (What is Counseling?)
   https://mediaspace.msu.edu/media/1_1k2ixhb7

   Part 2: Acculturative stress and counseling experience
   https://mediaspace.msu.edu/media/Mental+Health+101+in+International+Students+Acculturation+stress+and+counseling+experience+by+DK+Sung+PhD+LP/1_ep3wmy2y

   Part 3: Effectiveness of Counseling/Psychotherapy with International Students
   https://mediaspace.msu.edu/media/Effectiveness+of+Counseling+Psychotherapy+with+International+Students+by+Basak+Khamush+PhD+LP/1_2uu2edz7