**GRADUATE STUDENT SELF-CARE ASSESSMENT**

**Length of Time in Your Graduate Program:­\_\_\_\_\_\_**

1. **What initially drew you to what you are studying?**
2. **Briefly describe what makes a “good day” for you in your program. In contrast, what makes a “bad day”?**
3. **What are your current academic or personal concerns or stressors?**
4. **How do you know when you’re under stress?**
5. **What do you consider your greatest challenge regarding self-care?**
6. **What has been most helpful for you regarding taking care of yourself and maintaining resiliency in your professional and personal life?**

Adapted from *Caring for Ourselves as Psychologists* by Ellen K. Baker, Ph.D., National Register of Health Service Providers in Psychology, 2002