

CoJourn is a research-backed program for compassionate, judgment-free accountability partnerships. It is designed to offer more connection and mutual support as we strive to create meaningful movement in our lives.

This program helps you reflect on your goals, identify necessary steps to move forward, and set up a structure for sustainable follow-through.

The program's mission is to:

01. Counter the increased disconnection we experience in our fast-paced, technology-driven society, and
02. Provide an accessible tool to help with follow-through on an intention over time (the program is designed for the length of either 12 weeks or a year).



Why CoJourn for Graduate Students?

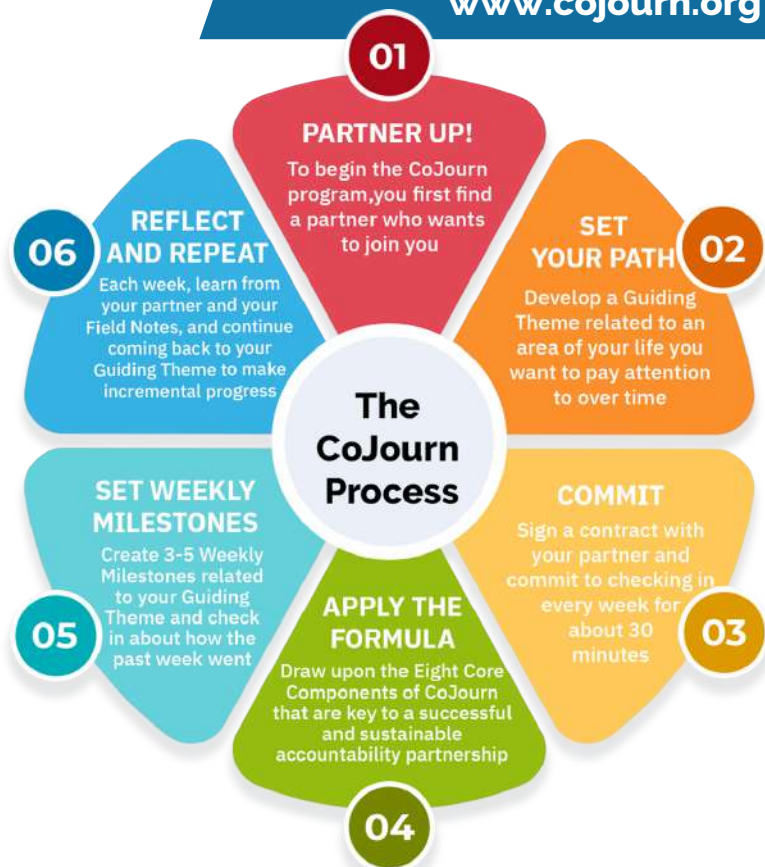
We are in the midst of an epidemic of loneliness and the current statistics on isolation and loneliness are staggering.

In a national Cigna survey in 2022, three in five Americans (58 percent) reported feeling lonely (up from 54 percent in 2018). Younger generations were lonelier than older generations ("79% of adults 18 to 24, compared to 41% of seniors 66 and older").

In addition to concerns of loneliness, a 2021 report from the Council of Graduate Schools and the Jed Foundation cites a growing body of evidence indicating that the mental health of graduate students is now a pressing concern, with student stress and anxiety exacerbated by recent events in the U.S. and internationally.

CoJourn is designed to provide community and additional support for these increasingly complex and challenging times. The program allows participants to address their individual needs and goals, supporting a diverse range of student identities and experiences.

www.cojourn.org



CoJourn for Graduate Schools

CoJourn for Graduate Schools is an innovative peer-to-peer program for personal and academic development to boost morale, offer support, and increase social connection.

In two recent program evaluations, **over 94% of participants said they would recommend CoJourn** to a friend or colleague. **90% planned to continue to use the framework** after the 12-week program ended.

Graduate school programs include the signature CoJourn accountability partnerships with:

- ✓ Facilitated program launch
- ✓ Process check-in sessions
- ✓ Partner matching
- ✓ Supporting materials (includes copies of the CoJourn Companion Guide and Workbook)
- ✓ Weekly emails throughout the 12-week process

What our current partner institutions have to say:

*Our students and postdocs who participated in CoJourn found it to be a tremendously helpful program. We received enthusiastic feedback sharing how CoJourn partners kept each other on track and accountable in ways they didn't think possible. Many have continued to meet with their partner as part of their own well-being. **This program is truly remarkable.***

Anthony Imbalzano, Ph.D.
Professor and Associate Dean,
UMass Chan Medical School

*At UMass, our data shows that loneliness and motivation are two of the most significant concerns for our students. This program addresses both with heart and connection. We have run CoJourn programs for graduate students for the past three years with promising participation and positive outcomes for well-being and social connection. I am excited to see the many ways it is growing into a **culture-changing force here at UMass.***

Betsy Cracco, Ph.D.
Assistant Vice Chancellor of Campus Life and Wellbeing
UMass, Amherst

We were hearing from our graduate students that they were having a difficult time juggling the demands of school, family, and work responsibilities. We were looking for a peer support program that would bolster connection and a sense of belonging in graduate school. We partnered with CoJourn to help provide a structure for our graduate students to meet regularly with a partner to hold us accountable and assist with following through with weekly and semester-long goals.

*It was such an attractive program that several administrators decided to participate. Checking in with our CoJourn peer proved to be helpful in achieving long and short-term objectives and provided a framework to **build connection and healthy relationships.***

Kristen C. Eichhorn, Ph.D.
Dean, Graduate Studies
State University of New York, Oswego

CoJourn Benefits

The key benefits of CoJourn – closeness and follow-through – mirror what all of the recent research studies and books on happiness cite as two of the most important foundations for happiness and well-being: 1) social bonds and connectivity, and 2) cultivating an “atmosphere of growth” – a sense of purpose and movement toward your goals.

Learn more at: www.cojourn.org

Email us at: connect@cojourn.org



CoJourn Book Panel
with Co-Founder Molly Keehn, Ed.D (Right)