Exploring your own identities while being a student can be TOUGH. Here, you’ll find resources to help with balancing academic and personal life, while exploring your gender and sexuality identities.

Finding welcoming environments (e.g research labs, work environments, etc.)

- Personal referrals are helpful.
  If you know that someone is queer-friendly, ask if they recommend certain academic or professional opportunities that might also be queer-friendly.
- Trust your own gut instincts.
  If the environment makes you feel uncomfortable, then the space might not be the most welcoming of who you are.

Balancing mental health, exploration, and school

- Take care of yourself first!
  Ask your professors/advisors for accommodations, while knowing that you do not have to share the details in your personal life.
- Be patient with yourself!
  Schoolwork does not represent all of you. It’s ok to take some breaks.
- Allies are helpful resources!
  Peers who are queer-friendly can help with balancing stress and academic responsibilities.

Helpful Links

- Changing preferred names and pronouns (click here)
- Potential scholarship for LGBTQ+
  - HRC Fellowship Resources (click here)
  - Point Foundation; Prism Foundation; Chinese Rainbow Network (CRN)
- Dealing with discrimination and microaggressions
  - Coping with discrimination (click here)
  - OMBUD (click here)

Our webpage: https://www.washington.edu/circle/life-at-uw/international-student-pride/
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