

Graduate Student Sessions for Success

Brought to you by the CSWomen Group and the Graduate School's Office of Professional Development

This series comprises 4 key sessions related to the graduate school experience. While geared towards those in their first year of graduate school, those at all stages are welcome to attend! Come to one or come to all!

Snacks will be provided!

Interested? Fill out the RSVP links below!



Thursdays at 3 pm

Room 150/151 in the Computer Sciences Building

September 22, 2016

Say What? Navigating Differing Communication Styles in Grad School

It is no secret that we communicate differently from one another. In this session, we will discuss four communication styles and examine how each might influence the way we interpret and convey information. Understanding these differences can help to minimize confusion and maximize success.

RSVP: <https://goo.gl/forms/dt4cM6WR3VhunL8W2>

October 20, 2016

Setting SMART Goals

Researchers have demonstrated that setting the “right” goals can lead to increased productivity. This session will introduce the SMART goal concept and teach you how to set goals that you can actually achieve.

RSVP: <https://goo.gl/forms/amLhZQlrybafIZ5d2>

November 3, 2016

Mind Over Matter

What does it take to be a successful graduate student? While many factors impact success, don't underestimate the influence of certain mindsets. Learning how to identify negative thoughts and channel these negative mindsets into productive ones can help boost your success.

RSVP: <https://goo.gl/forms/YUtozMNY53LDP6Hh1>

November 17th

Balance and Time Management in Graduate School

The Olympic gymnasts highlighted that in order to go for gold you must have balance. What are some ways that you can achieve balance, manage your time, and “go for gold” in your own life?

RSVP: <https://goo.gl/forms/YUtozMNY53LDP6Hh1>