

Grad School Hacks

Wednesday's, **4:00 – 5:30 PM**, Boyer Hall 130

This series of workshops provides a space for reflecting, processing, growing and building community during the critical first quarter of your graduate experience. The first half of each meeting will be dedicated to discussing a specific topic as listed below, followed by group breakout sessions where we will speak informally about your experience with the topic. Unless otherwise denoted these workshops are recommended for graduate students at all levels.

<u>DATE</u>	<u>TOPIC</u>
Nov. 7 th	Managing Conflict The goal of this interactive workshop is to empower participants to proactively identify and successfully navigate common biases and communication difficulties in order to foster an enriched environment that facilitates open dialogue.
Nov. 14 th	Work Life Balance (4:00 – 5:00 PM) During this workshop participants will join the experts from the Behavioral Wellness Center (BWC) to discuss methods to improve school-life balance. By identifying differences in adaptive versus maladaptive stress, learning to label affect (put feelings into words) and developing micro tools for self-care, you can create your own guide to maintain success in the face of stress.
Dec. 5 th	Developing a Mentoring Support Network During this interactive workshop participants will define their current mentoring and support network, explore how to establish professional relationships, discuss how to engage a mentoring network to advance their research career, and articulate the role(s) that each mentor in their network plays and develop strategies to fill any missing roles.

FACILITATOR:

Diana Azurdia, PhD

Email: dazurdia@mednet.ucla.edu

Office Hours: Please feel free to make an appointment at your convenience!

About the Facilitator:

Dr. Diana Azurdia serves as the Associate Director for Recruitment and Inclusion for Graduate Programs in Bioscience. In this role, she leads the development and implementation of a strategic plan to enhance diversity in the biomedical graduate student population. Additionally, Dr. Azurdia uses her platform as a National Research Mentoring Network (NRMN) Master Facilitator to promote inclusive mentoring practices at UCLA where she leads a Mentoring Training Program for graduate students, postdocs, and faculty in all science disciplines. Dr. Azurdia currently serves on the Board of Directors for the Society for the Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) and as a UCLA Chapter Co-Advisor. She earned her Ph.D. in Molecular Biology and Biochemistry from UCLA and graduated with a B.S. in Biochemistry from CSU Los Angeles. Dr. Azurdia is a first-generation Guatemalan-American and the first in her family to attend college.