

UCLA GRADUATE PROGRAMS IN BIOSCIENCE  
PRESENTS...

# Grad School Hacks

Recommended for first year STEM graduate students at UCLA

## Aligning Expectations with Your Mentor

October 7th, 11:00 - 12:30 PM PST

RSVP: <https://tinyurl.com/yyaepg6x>

Effective mentoring is critical in academic advancement and has been linked to greater productivity, research independence, and career satisfaction. During this workshop, participants will utilize case studies and small-group discussions to build key mentoring competencies that support aligning expectations with their mentor.

## Becoming a Resilient Scientist

October 28th, 11:00 - 12:30 PM PST

RSVP: <https://tinyurl.com/yx8s25p4>

Resiliency is a key to building confidence, managing an academic workload, and successfully pursuing goals. During this interactive session, participants will have a space to discuss and learn about negative thoughts, imposter fears, and how they influence resiliency. Participants will gain management strategies for maintaining resilience during training.

## Receiving and Responding to Feedback

December 2nd, 11:00 - 12:30 PM PST

RSVP: <https://tinyurl.com/y3nvc dwm>

Receiving and responding to feedback is a critical part of the training process. During this interactive session, participants will: 1) identify the role of constructive feedback and intent behind statement and questions, 2) assess the influence that mentors can have on their confidence and devise strategies to cope with and respond to feedback that negatively influences their confidence, and 3) practice effective ways to communicate with their research mentor.

**JOIN US FOR THIS VIRTUAL LUNCHTIME WORKSHOP**

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