

UCLA GRADUATE PROGRAMS IN BIOSCIENCE
PRESENTS...

Grad School Hacks

Recommended for first year STEM graduate students at UCLA

Building Positive Mental Habits

January 13th, 5:00 - 6:30 PM PST

RSVP: <https://tinyurl.com/yxsfo9dv>

Positive mental habits are key to building confidence, managing an academic workload, successfully pursuing goals, and coping with the stresses of daily life. During this interactive session, participants will have a space to discuss and learn about negative thoughts and how they influence resiliency. Participants will gain strategies for building positive mental habits.

Maintaining Effective Communication

February 3rd, 5:00 - 6:30 PM PST

RSVP: <https://tinyurl.com/y4or9p6p>

Good communication is a key element of any relationship and a mentoring relationship is no exception. It is critical that mentors and mentees seek to understand their own and the other's communication styles and agree on the preferred modes, frequency, and relative responsibilities for communication. During this workshop, we will use evidence-based methods to help participants develop skills to maximize the effectiveness of their mentoring relationships. Trainees will utilize case studies and small-group discussions to build a key mentoring competency, effective communication.

Managing Commitments

March 3rd, 5:00 - 6:30 PM PST

RSVP: <https://tinyurl.com/y685hc62>

Developing a successful strategy to manage your time and productivity are key to reducing the stress that comes with managing an academic workload, successfully pursuing goals, and balancing your personal needs and interests. During this interactive session, postdocs and graduate students will practice the Getting Things Done model of time management and leave with tools to implement it in other facets of their lives.

JOIN US FOR THIS VIRTUAL EVENING WORKSHOP

Facilitator: Dr. Diana Azurdia
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