

# Grad School Hacks

Recommended for first year STEM graduate students at UCLA

## Finding a Compatible Research Advisor and Lab

September 30, 2021: 4:00 - 5:30 PM PST

RSVP: <https://tinyurl.com/yddrw46b>

Effective mentoring is critical in academic advancement and has been linked to greater productivity, research independence, and career satisfaction. Despite the importance of mentoring to career success, formal training to maximize the value of mentoring relationships has typically not been provided to the research community. During this interactive workshop, participants will utilize case studies and small-group discussions to reflect on their preferred mentoring style and important considerations for choosing rotations.

## Aligning Expectations with Your Mentor

October 14, 2021: 4:00- 5:30 PM PST

RSVP: <https://tinyurl.com/4rwuurwv>

A shared understanding of what each person expects is critical to establishing effective mentor-mentee relationships. Challenges arise when mentors and mentees have misunderstandings about expectations in the relationship, which naturally change over time. Therefore, ongoing reflection and communication about expectations are needed to maintain a positive and productive mentor-mentee relationship. During this workshop, participants will utilize case studies and small-group discussions to build key mentoring competencies that support aligning expectations with their mentor.

## Building Your Resilience

**TBD: This offering will be rescheduled during the Winter Quarter 2022 due to unforeseen circumstances. Thank you!**

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.

**JOIN US FOR THIS VIRTUAL EVENING WORKSHOP**

Facilitator: Dr. Diana Azurdia

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