Grad School Hacks
Recommended for first year STEM graduate students at UCLA

Building Positive Mental Habits
January 12th, 4:00 - 5:30 PM PST
RSVP: https://tinyurl.com/yckmwxpe

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.

Managing Commitments
January 26th, 4:00 - 5:30 PM PST
RSVP: https://tinyurl.com/362mmk3p

Developing a successful strategy to manage your time and productivity is 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.

Maintaining Effective Communication
February 9th, 2022, 4:00-5:30 PST
RSVP: https://tinyurl.com/yxsbkazn

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.

Building Resilience
February 23rd, 2022, 4:00-5:30 PST
RSVP: https://tinyurl.com/3k5h6436

Resiliency is a key to building confidence, managing an academic workload, and successfully pursuing goals, especially during these uncertain times. We will discuss how to set boundaries, communicate expectations, and assert yourself in research groups. Participants will gain management strategies for maintaining resilience during training.

JOIN US FOR THIS VIRTUAL EVENING WORKSHOP

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Winter 2022