

Riding the Wave

Navigating the Ups and Downs of Grad School with Greater Ease

In this series, we will discuss some of the common challenges that **graduate students** face and we will provide guidance on how to cope more effectively. Sessions provide practical information and engaging discussions, as well as individualized exercises to personalize your experience. Topics will include:

1. **OCT 13th** Understanding & Optimizing Motivation
2. **OCT 20th** Defining Personal Goals & Making an Action Plan
3. **OCT 27th** Effective Communication
4. **NOV 3rd** Achieving Your Desired Work-Life Balance &
Renewing Your Vitality

Sessions build on each other but attending individual sessions is welcome*

Open to students of all graduate areas of study.

*Please register for *each individual session* you would like to attend at caps.sa.ucsb.edu

Thurs, 3:30-5pm
Davidson Library

10/13 & 10/20—Rm 1312
10/27 & 11/3—Rm 2314/2334