

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. **FEBRUARY 4**—Optimizing Motivation and Well-being
2. **FEBRUARY 11**—Defining Personal Goals & Making an Action Plan
3. **FEBRUARY 18**—Effective Communication
4. **FEBRUARY 25**—Achieving Work-Life Balance

Sessions build on each other but
drop-ins are welcome.

Open to students of all graduate
areas of study.

3:30-5pm

Ellings Hall 1605

For more information, please visit caps.sa.ucsb.edu
or call (805) 893-4411