

THRIVING IN GRAD SCHOOL WEEK

Presented by the School of Education Graduate Student Association

↘ FALL 2021 WORKSHOP RECORDINGS

HOW TO SUCCEED AT GRADUATE WRITING

Tips and tricks for meeting the expectations of graduate school writing from award-winning author and long-time UofR faculty member William Dolphin, including how to navigate APA style and access support resources.

Watch Here → <https://bit.ly/3n2CcNP>

THRIVE COACHING FOR A SUCCESSFUL GRADUATE EXPERIENCE

Are you looking to find inspiration and motivation from within yourself? This highly interactive workshop will help you achieve your goals and further your professional success. Senior Associate Dean of Students and Accredited Life Coach, Ken Grich, will walk you through how to build awareness and clarity by using positive psychology techniques to help you flourish in your role as a graduate student. You will explore a thought-provoking and creative process that inspires you to maximize your potential.

Watch Here → <https://bit.ly/3onlYOS>

Resources → <https://bit.ly/3mSwxbD>

STRATEGIES FOR A SUCCESSFUL SELF: SELF-CARE TECHNIQUES AND TOOLS

Treat yo'self! Counseling professionals Adam Sipes and Michelle Burr discuss the necessity of self-care along with its various components for implementation. Mindfulness practices are the focus of this seminar on improving your mental health and well-being while in grad school.

Watch Here → <https://bit.ly/3oeqNde>

Resources → <https://bit.ly/3ACpPeP>