ROADMAP TO RESILIENCE IN GRADUATE SCHOOL AND BEYOND

GRADUATE PATHWAYS TO SUCCESS

Have you ever wondered how to tap into your resilience during challenging times? Imagine a situation where you face a critique of your writing from a supervisor, do not get the grant you were counting on, or have to shift your academic focus because of the realities of the job market. With scenarios such as these in mind, this interactive session will:

• look at the definition of resilience,
• identify why resilience is important in grad school,
• identify why resilience is important for and in your future career, and show you ways to build resilience.

The goal of the session is to decrease your stress levels and optimize your well-being as you pursue academic success and your career aspirations.

For full details and to register, please visit: www.grad.ubc.ca/about-us/events/16600-roadmap-resilience-graduate-school-beyond

We appreciate the support of the Graduate Student Society for this event.