

Wednesday Wellness Workshops for Graduate Students

This lunch-time series provides information on campus resources that support the mental, physical, social, and financial aspects of the graduate & professional student experience.

WEDNESDAYS, 12PM—1PM @ THE ZONE (LOCATED IN PRICE CENTER)

FREE FOOD catered by Art of Espresso

RSVP to Iris Crowe-Lerma at icrowelerma@ucsd.edu

A minimum attendance of 5 students is required for workshop to take place.

- JANUARY 11: COMMUNICATION SKILLS TO BE SUCCESSFUL IN GROUP INTERVIEWS:** Many companies and most student campus jobs are asking candidates to participate in a group interview process. In this session, participants will learn the skills that will make them stand out above the other applicants in a group interview setting.
Presented by Grace Bagunu; Center for Communication & Leadership
- JANUARY 18: FEELING LIKE A FRAUD - DEALING WITH IMPOSTER SYNDROME:** As a graduate student, have you ever had the secret sense that you are not as capable as others think you are? You are not alone—self-doubt can creep into anyone’s life, especially when they’ve stepped into a new role (e.g., becoming parents, presidents, doctors, or graduate students!). This workshop is designed to help you navigate through these doubts, to be mindful of the limits of your current abilities, and to encourage you to find personal and professional growth opportunities.
Presented by Drs. Jess Chang & Monique Mendoza; Counseling and Psychological Services (CAPS)
- JANUARY 25: TURN THE MONEY YOU HAVE INTO THE MONEY YOU’LL NEED:** Join us as we discuss the following topics and help you plan for your financial success: Planning & Saving, Managing Retirement Income, Transferring Wealth, How Much Will I Need to Retire, Tax Sheltered Savings Plans, Do You Need an Estate Plan, Planning for College Expenses, Plan for Success. *Presented by Jim Froman, Financial Consultant for USE Investment Services*
- FEBRUARY 1: PRIORITIZING YOUR PARTNER, PART II: LONG DISTANCE RELATIONSHIPS:** Keeping your relationship a priority while staying focused in school isn't always easy. It can be even more difficult if you are in a long distance relationship. Join us for an interactive workshop and we'll offer strategies on how to improve communication and maintain trust in order to sustain a healthy long-distance relationship while in grad school.
Presented by Lisa Swid & Lana Talampas; Sexual Assault & Violence Prevention Resource Center (SARC)
- FEBRUARY 8: COMMUNICATING LOVE AND APPRECIATION IN RELATIONSHIPS:** Would you like to enhance your current relationships with partners, friends, and family members? Participants in this workshop will learn the various styles of giving and receiving love. Learning about your own style will strengthen your understanding of communicating love and appreciation in relationships.
Presented by Tiffany O’Meara, Ph.D.; Counseling & Psychological Services (CAPS)
- FEBRUARY 15: LAUGHTER YOGA:** Bring out your inner joy and playfulness with laughter yoga. It’s a great way to relieve stress, make friends, and inspire a sense of well-being! *Presented by Gina Tang; Health, Recreation & Well-being*
- FEBRUARY 22: COMMUNICATION SKILLS IN THE CLASSROOM:** This workshop includes communication strategies to create a positive class atmosphere, as well as general guidelines to insure instructional clarity. Tips on leading effective discussions will also be presented. *Presented by Christine Alexander; Center for Teaching Development*
- FEBRUARY 29: COMBATING HOMOPHOBIA AND TRANSPHOBIA IN THE CLASSROOM:** This session is a roundtable discussion regarding the harsh realities surrounding homophobia and transphobia in the classroom. This discussion will provide graduate students and professors with a healing space regarding the various experiences around combating homophobia and transphobia in classroom settings. Participants will be given tools around creating welcoming spaces for LGBT students and academic professionals. *Presented by Vanidy Bailey; LGBT Resource Center*