

This group is designed to provide skills, as well as support & discussion, around the common challenges in the dissertation process.

We will discuss topics such as:

Procrastination
Time Management
Imposter Syndrome
Stress Management
Self-Care

WEDNESDAY MEETING DATES:

January 29th, 10-11:30 a.m.
February 12, 10-11:30 a.m.
February 26th, 10-11:30 a.m.
March 11th, 10-11:30 a.m.

THURSDAY MEETING DATES:

January 23rd, 3- 4 p.m.
February 6th, 3-4:30 p.m.
February 20th, 3-4:30 p.m.
March 5th, 3-4:30 p.m.