

This group is designed to provide skills, as well as support & discussion, around the common challenges in the dissertation process. For more information email: [pentzien@usc.edu](mailto:pentzien@usc.edu)

We will discuss topics such as:

Procrastination  
Time Management  
Imposter Syndrome  
Stress Management  
Self-Care

ALL MEETINGS WILL BE HELD IN VPD 302

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.