“ASK ME ANYTHING” WITH 5TH YEAR GRADUATE STUDENTS
As you launch your career as a graduate student at Princeton, you may have some questions about life as a graduate student, living in Princeton, or how to navigate the university and what resources are available to you. This is your opportunity to ask a panel of senior graduate students any and all questions you may have. Sign up with Olivia at omartel@princeton.edu.

MONDAY, OCTOBER 16 6:30-7:30 PM
OGC COFFEE HOUSE (ENTRYWAY 12)

DECONSTRUCTED: FINDING YOUR CAREER PATH BEYOND THE ACADEMY
Join Amy Pazzezkowski, Graduate Student Career Counselor, and Prima Grenevitsen, Graduate Student in QCB, for an interactive workshop on deconstructing the resume. We’ll help you build the skills needed to compose a great resume. Please bring a draft of your own resume for a critique. Sign up with Olivia at omartel@princeton.edu.

Sponsored by the Graduate School & Office of Career Services.

TUESDAY, NOVEMBER 6 7:00-8:00 PM
OGC COFFEE HOUSE (ENTRYWAY 12)

MINDFULNESS IN A HECTIC WORLD
Most of us multi-task, feel pressured, stressed, and unable to concentrate. We rush through activities without attention, eat without noticing, and listen to others without really hearing them. One antidote to practice mindfulness. Mindfulness is the practice of purposefully focusing your attention on the present. So let’s pause, take a breath, calm the mind, and feel balanced and calm! Facilitated by Shefalika Gandhi, LCSW. Sign up with Olivia at omartel@princeton.edu.

THURSDAY, OCTOBER 16 6 PM
OGC COFFEE HOUSE (ENTRYWAY 12)

FIRE YOUR INNER CRITIC: APPRECIATE YOURSELF AND YOUR ABILITIES
We sometimes say very critical, harsh things about ourselves, especially when we compare ourselves to others in non-critical environments like Princeton. Negative self-talk can contribute to stress, anxiety, and self-doubt, and actually decrease motivation and productivity. In this workshop you’ll learn techniques drawn from Mindfulness Meditation and Cognitive Therapy to replace your inner critic with a more compassionate, realistic, and helpful inner voice so you can help you appreciate yourself and your abilities more. Facilitated by Joseph Cooper, Psy.D. Sign up with Olivia at omartel@princeton.edu.

Sponsored by the Graduate School & University Health Services.

MONDAY, NOVEMBER 10 6 PM
OGC COMMON ROOM

RESPONSIBILITY IN ACADEMICS & RESEARCH
In this workshop, you will learn simple and effective stress reduction techniques based on the practice of mindfulness meditation. Mindfulness is a meditative process that quiets the mind and releases physical distress. It can enable you to focus on the present moment to foster emotional well-being. Learn techniques to cope with difficult feelings and arise positive emotions. Facilitated by Joseph Cooper, Psy.D. Sign up with Olivia at omartel@princeton.edu.

Sponsored by the Graduate School & University Health Services.

MONDAY, JANUARY 12 6:30-7:30 PM
OGC COFFEE HOUSE (ENTRYWAY 12)

EMOTIONAL HEALTH WORKSHOP
Living with stress and uncertainty can be physically and psychologically taxing. In this workshop, we will discuss how to manage your stress, how to develop strategies for coping, and how to practice self-care.

Sponsored by the Graduate School & University Health Services.