

GRADUATE STUDENT WELLNESS WORKSHOPS

Sense of Self

Offered Every Thursday 9/21, 10/19, 11/16, and 12/21 from 11 AM to 12 PM @ the Graduate Student Lounge

Requires access to a flavored beverage or snack, a fragrance, a tactile object, and pencil and paper.

Too Stressed To Test: Managing Anxiety

Offered Every Thursday 9/28, 10/26, and 11/30 from 11 AM to 12 PM @ the Graduate Student Lounge

Managing Imposter Syndrome & Cultivating Self-Compassion

10/4 at 1 PM @ 675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus

Who Am I? Knowing Why you Belong

Offered Every Thursday 10/5, 11/2, and 12/7 11 AM to 12 PM @ Graduate Student Lounge

Don't Tip the Scale: Work Life Balance

Offered Every Thursday 10/12, 11/9, and 12/14 11 AM to 12 PM @ Graduate Student Lounge

Time Management & Life Balance Workshop

10/16 at 3:30 PM @ 675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus

Working Through Anger, Resentment, and Conflict

11/1 at 2 PM @ 675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus

Mindfulness Meditation Workshop

12/7 at 1 PM @ 675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus

NO REGISTRATION REQUIRED

For more information, please contact gradstudentlife@echo.rutgers.edu