Workshops – Fall 2016

Introduction to Public Speaking
Wednesday, October 19th │ 1:00 to 2:00 pm │ Morisset Library 611 (English)
Tuesday, November 1st │ 1:00 to 2:00 pm │ Morisset Library 611 (French)
Wednesday, November 16th │ 1:00 to 2:00 pm │ Morisset Library 611 (English)

During this workshop you will learn strategies to face the fears of public speaking, secrets to speak successfully in public and methods to develop an organizational pattern.

Stress Management and Burnout
Friday, October 21st │ 1:00 to 2:00 pm │ Morisset Library 611 (English)
Friday, November 18th │ 1:00 to 2:00 pm │ Morisset Library 611 (English)

Feeling stressed? Learn to identify and prevent burnout early on in graduate school. This workshop will also offer a number of strategies to manage high levels of stress.

Student-Supervisor Relationship
Monday, October 31st │ 1:00 to 2:00 pm │ Morisset Library 611 (English)
Tuesday, November 8th │ 1:00 to 2:00 pm │ Morisset Library 611 (French)

Join us for a best practices discussion regarding working with supervisors and maintain positive student-supervisor relationships.

Overcoming Imposter Syndrome
Monday, November 21st │ 1:00 to 2:00 pm │ Morisset Library 611 (English)
Tuesday, November 29th │ 1:00 to 2:00 pm │ Morisset Library 611 (French)

Do you feel like a “fraud” compared to your peers? Many students experience a drop in confidence during graduate school. This workshop will help you understand imposter syndrome, develop strategies to overcome it, and regain confidence in your abilities.

Time Management and Work-Life Balance
Tuesday, November 22nd │ 1:00 to 2:00 pm │ Morisset Library 611 (French)

Learning to juggle multiple demands is one of the greatest challenges students face in their graduate studies. This workshop will help you identify your priorities, manage your time more effectively, and engage in self-care to live a more balanced life.

To register please contact us by phone or email, or drop by our office.