Workshops and GradTalks – July 2017

Conferences and Networking
Thursday, July 6th | 1:00 to 2:00 pm | Morisset Library 611 (Bilingual)
Need to get better at networking? This workshop will give you advice in signing up and attending conferences in your field, as well as helping you to develop a better understanding of the challenges and importance of networking.

Overcoming Imposter Syndrome
Tuesday, July 11th | 1:00 to 2:00 pm | Morisset Library 611 (Bilingual)
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.

A 4-Part Workshop Series on Stress Management for Optimal Functioning: Utilizing Mindfulness and Bio/neurofeedback Tools & Techniques
Guest Speaker: Margaret Dupee, PhD, BCB, CPO(c)

Workshop 2: Managing Emotions and the Body
Each of the workshops, in this 4-part workshop series, will include both a review of current literature and practical mindfulness and bio/neurofeedback tools and techniques for managing the various ways that stress manifests in the body and mind.

Alternate Research: Sources and Resources
Wednesday, July 19th | 12:00pm to 1:00 pm | Morisset Library 611 (English)
Can’t find that one article you really need? Attend this workshop to learn some new approaches to finding the information you need the most.

Student-Supervisor Relationship
Wednesday, July 26th | 1:00 to 2:00 pm | Morisset Library 611 (Bilingual)
Join us for a best practices discussion regarding working with supervisors and maintain positive student-supervisor relationships.

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