



Graduate Pathways to Success and UBC Life & Career Centre Workshop: Breaking Patterns of Procrastination

Thursday, October 30th, 9:30 AM – 12:30 PM
Graduate Student Centre, 6371 Crescent Road, Point Grey Campus

This session is one of a series of seminars being offered by Graduate Pathways to Success in collaboration with the Life & Career Centre, Robson Square.

Putting things off to the last minute? Having a hard time starting a project? Or is it hard to finish and actually put a close to something you are working on? This workshop is here to help you procrastinate less and get more done. Contrary to what most people think, procrastination is not fundamentally a time management problem, which is why just trying to manage your schedule better is limited in effectiveness in changing this pattern of behaviour.

In this workshop you will learn:

- about the factors that drive and maintain procrastination
- about the psychology of avoidance
- a variety of effective, concrete strategies to help you put a major dent in procrastination patterns.

Facilitator: Alex Abdel-Malek, MSW, RCC, is a professional therapist and instructor devoted to understanding how meaningful choices affect our health and wellbeing. In addition to teaching counselling skills at a university level, Alex is a regular contributor to programs and courses at the UBC Life and Career Centre, teaching popular courses such as Overcoming Perfectionism, and Transforming Stress into Strength.

Registration: Seats are limited to 35 participants. Priority will be given to UBC graduate students registered in the current academic session. Due to limited space, advance registration is required. To register, please visit: <https://www.surveyfeedback.ca/surveys/wsb.dll/s/1g3968>

Confirmation of registration will be sent within two working days. If you experience any difficulty using the online registration tool, please [email](#).

Refreshments: Beverages will be provided. Please bring your own mug.

For information on upcoming Graduate Pathways to Success Events, please visit: www.grad.ubc.ca/pathways

This workshop is being offered as part of UBC's Celebrate Learning Week. For more CLW events, please visit <http://celebratelearning.ubc.ca/> or follow @CelebrateLearn on Twitter.



We appreciate the support of UBC Graduate Student Society for this event.