



Graduate Pathways to Success Workshop:

Roadmap to Resilience in Graduate School and Beyond

Tuesday, June 6th, 2017 | 9:30 AM to 12:30 PM

Irving K. Barber Learning Centre, 1961 East Mall, Point Grey Campus

Have you ever wondered how to tap into your resilience during challenging times? Imagine a situation where:

- you face a critique of your writing from a supervisor,
- do not get the grant you were counting on,
- or have to shift your academic focus because of the realities of the job market.

With scenarios such as these in mind, this interactive session will:

- look at the definition of resilience,
- identify why resilience is important in grad school,
- identify why resilience is important for and in your future career, and
- show you ways to build resilience.

The goal of the session is to decrease your stress levels and optimize your well-being as you pursue academic success and your career aspirations.

Instructor: **Sherri Calder, MA, RCC, Cert.ConRes** is a Registered Clinical Counsellor and Communications Consultant. Sherri draws on her unique blend of experience as a counsellor, facilitator, educator, and coach to help individuals, couples, and groups face challenges in their personal or professional lives. Sherri has developed courses on a variety of topics and prides herself in delivering engaging and practical sessions. In addition to maintaining a private counselling practice Sherri is a faculty member with the Centre for Conflict Resolution and the Public Safety Division at the Justice Institute of British Columbia.

Registration: Priority will be given to UBC graduate students registered in the current academic session. Please register at www.grad.ubc.ca/about-us/events/16033-roadmap-resilience-graduate-school-beyond

Applicants will receive registration or waitlist confirmation within two working days of registering. If you have difficulty with registration, send an email to graduate.pathways@ubc.ca.

For information on future Graduate Pathways to Success events see: www.grad.ubc.ca/pathways