

Finding Balance: Time Management and Values Clarification for Grad Students



Thursday, November 5, 2009

2:00-3:30pm

114 South Hall

Do you wonder where your time goes? Are you finding it difficult to juggle self-care, graduate school, friendships, partnerships, family relationships, your job, and more? The goals of this workshop are to help grad students gain tools to help manage their multiple responsibilities, to gain insight into the personal barriers to more effective time management, and to explore and clarify values that can help grad students prioritize their multiple demands. This interactive workshop will be both didactic and experiential.

Workshop Leader:

Dr. Agnes Kwong, Psychologist, CAPS

Dr. Kwong is a licensed psychologist and the Coordinator of Graduate Student Counseling Services at CAPS (Counseling and Psychological Services). Her areas of specialty and interest include, but are not limited to, Asian and Asian American Pacific Islander (AAPI) mental health, International student mental health, Graduate student mental health, depression, anxiety, sexual trauma, cultural adjustment, issues of oppression, and supervision and training.

Sponsored by the Office of Graduate Studies (Professional Development Series)

UCDAVIS