



# Professional Development Resources for Wellbeing




### Basics



Learn in 15 : FULL - Being at School Again 

Finding and Utilizing the Supports You Need in Graduate School 



Learn in 15 : FULL ~ Overcoming Common Struggles of PhD Work 

Ending the Frustrations of Graduate School 


Learn in 15 : FULL - Adjusting to Online Learning 


Knowledge Retention - What Science is Teaching Us that We Can Use in Graduate School  

Complex Problem Solving Step by Step  



Cognitive Flexibility and Creativity A path to Success  

### Core Well Being



 Graduate Work and Work for a Living, a Webinar on Making it All Fit

 Work-Life Balance in Grad School

   Worry, Anxiety, Imposters Syndrome


  Positive Psychology Helping Attitude and Work Life Balance

  Surviving and Thriving in Academia: Research and Strategies Supporting Latinx Students


  Thriving in the Face of Uncertainty

### Making Changes in Your Life



How to make a persistent personal change. An interactive workshop  

Managing Graduate School Student Anxiety 

Jiu Jitsu Against Mental Attacks: Flip Negative Criticism to Growth 

How to Work with Things that Trigger You to Overreact   

Time Management: Five Minutes on the Pomodoro Technique 

Mentoring Maps-Ensure Adequate Academic, Career, Personal Support  

Time, Habits, Focus, Drive, Grit, Tools & Making Your OWN Checklists 