

Office of Graduate Studies Presents: Brown Bag Luncheon Series Fall 2009 Wednesdays 12:00pm- 1:00pm

September 16th - "Graduate School 501"

Presenter: Patrick Romain, Advisor Academic Support Services

Room: Campus Center 375

In this presentation, we explore the transition from undergraduate school to graduate school and how students can successfully adapt to this new, rigorous academic environment. Topics include time management and study techniques.

October 21st - "Don't Pull Your Hair Out! - Stress Management"

Presenter: Brenda Seckerson, EAP Coordinator

Room: Campus Center Terrace Lounge

Completing research, formulating relevant and worthwhile research topics, meeting publication deadlines; these are some of the realities of graduate education. Effectively managing these and other challenges go a long way to determine your success in your chosen field. During this presentation, we will share some of the more productive ways to manage stress, in ways that will not lose your hair. We will also learn how stress reduction can not only be effective, but fun.

November 18th - "Seeing the Light: It's About the Journey"

Presenter: Betty P. Shadrick, Ph.D.

Room: Campus Center Terrace Lounge

You made the decision to pursue a graduate education with a specific goal in mind. As the work intensifies however, you may sometimes wonder if you chose the right academic path. The secret is that the work will get intense, and feeling challenged is all part of the journey. This presentation is meant to remind you of your commitment to the journey. We will also share anecdotes on how to focus through the trying times, enjoy the good times and always remember to walk towards the light.

Contact Information:

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Refreshments will be served courtesy of the GSO and AGEP

