UCC Grad Group workshops spring 2022

- Do you want a space to express experiences as a graduate student?
- Do you want skills others have found help them navigate graduate student life?

Join us this spring for three Grad Group workshops designed for those seeking discussion and connections relevant to graduate student needs. Grounded in therapeutic skills and supports, we bring sensitivity to the unique struggles of graduate students. Grad Groups workshops will be a place to connect with fellow students while learning from trained facilitators some practices that will help participants navigate the graduate terrain.

**Advisor Relations & Interpersonal Effectiveness.** The advisor-student is often a long-term relationship, and can be a source of support and stress. There are social dynamics and power differentials embedded in interactions. We highlight interpersonal effectiveness skills which emphasize how you can get what you need from others more often while considering objective effectiveness, relationship effectiveness and selfrespect effectiveness.

**Thursday, Feb. 17, 2022 from 12-12:45pm**
Register here: [https://rochester.zoom.us/meeting/register/tJItcuiurzwtHdb7ulInBzLOAP2N65_v-h](https://rochester.zoom.us/meeting/register/tJItcuiurzwtHdb7ulInBzLOAP2N65_v-h)

**Graduate Education & Distress Tolerance.** Graduate school is usually a stressful process between academics, financial stresses, and high demands on time and energy. We turn to distress tolerance skills to avoid unhelpful coping behaviors, tolerate negative emotions, and manage a crisis. All great skills for graduate students to have!

**Thursday, March 17, 2022 from 12-12:45pm**
Register here: [https://rochester.zoom.us/meeting/register/tJ0ldO-trDltGtwTQg55i_Dp66PGUbYsVEJn](https://rochester.zoom.us/meeting/register/tJ0ldO-trDltGtwTQg55i_Dp66PGUbYsVEJn)

**The Meliora Ethos & Resilience.** The Rochester motto, *Meliora*, means ‘ever better’ and that phrase certainly impacts students at the University of Rochester. But what does *meliora* mean for graduate students? And how is it reflected in the many facets of graduate education at UR? We draw from resilience skills to promote using positive experiences to decrease vulnerability to negative emotions, and teach ourselves how to more easily bounce back from an unpleasant experience.

**Thursday, April 14, 2022 from 12-12:45pm**
Register here: [https://rochester.zoom.us/meeting/register/tOodu-hrDljE92HsvLDfKQvEnRouA3f3UBi](https://rochester.zoom.us/meeting/register/tOodu-hrDljE92HsvLDfKQvEnRouA3f3UBi)

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