TIME MANAGEMENT
GRADUATE PATHWAYS TO SUCCESS & UBC WELLNESS CENTRE

As a graduate student, you likely wear many hats - perhaps as a student, an employee or a friend. Each of these hats entails different responsibilities and commitments. How these responsibilities align with your personal priorities and relatedly, how you choose to spend your time, can contribute to your sense of work/school-life balance.

This interactive workshop provides an opportunity for you to meaningfully reflect on your current commitments and allocation of time. You will learn and try-on a variety of effective time management strategies that you can personalize to fit your values, priorities, and lifestyle in order to benefit your wellbeing.

Throughout this session, you will be invited to reflect on your personal experiences and your unique wellness needs. By the end of this session, you will:

- Refine your conception of school/work-life balance and define what it means to you
- Take inventory of your current priorities and commitments
- Develop effective time management strategies
- Understand the connection between time, commitments and your wellbeing

For full details and to register, please visit: grad.ubc.ca/about-us/events/18135-time-management