PANIC TO POWER

GRADUATE PATHWAYS TO SUCCESS & CENTRE FOR STUDENT INVOLVEMENT AND CAREERS

Are you feeling uncertain or worried about getting experiences and making connections necessary for your journey at UBC and into meaningful work? Is the stress around pursuing your goals making you feel avoidant and unmotivated rather than confident and focused? You are not alone! If your stress or nervousness is getting in your way, this workshop will offer useful information and effective coping strategies to turn your unease into motivated, productive energy that will help you approach your career development with increased comfort and confidence.

Facilitator
Danielle Barkley is a Career Educator who works with the Centre for Student Involvement and Careers to support graduate students at UBC. She completed her PhD in English literature at McGill University and has previous experience as a university instructor and writing consultant.

For full details and to register, please visit: grad.ubc.ca/about-us/events/18385-panic-power

We appreciate the support of the Graduate Student Society for this event.

THEA KOERNER HOUSE
6371 CRESCENT ROAD
TUESDAY, FEBRUARY 18TH
2:00 PM - 3:30 PM