Perfectionism – Friend or Foe? | Tuesday, February 3

Presenter: Wai-Kwong Wong, PhD, Gannett Counseling and Psychological Services

Would you describe yourself as one with “perfectionist tendencies?” Do you have a friend that calls you a perfectionist? Learn the characteristics and definition of being a perfectionist, how this can impact your performance as a graduate student, and more importantly, how you can make a change.

Your Personal Vision Statement | Thursday, February 19

Presenter: Janna Lamey, MSEd, Assistant Dean for Student Life

Your priorities determine how you spend your time. How can you better define and articulate your academic and personal goals in a way that helps you make time decisions? Through a series of exercises, you will have time to reflect, discuss, and analyze what is most important to you. By the end, you will leave with a written personal vision statement.

Waiting for the “Right” Time – all about PROCRASTINATION | Thursday, March 5

Presenter: Wai-Kwong Wong, PhD, Gannett Counseling and Psychological Services

Are you a procrastinator? Or, do you know well the intense feelings of stress that come with working on a project at the very last minute? Learn the definition and characteristics of being a procrastinator, how this can impact your performance and what to do if you find yourself trapped in a cycle of procrastination.

How to Navigate Social Connections and Relationships | Tuesday, March 17

Presenters: Janna Lamey, MSEd, Assistant Dean for Student Life, Graduate School and Jan Talbot, MS, CHES, Health Educator, Gannett Health Services.

Research has shown that having a sense of belonging is one of the greatest predictors in being resilient. This session will focus on unravelling the definition of sense of belonging and discuss the many relationships that students need to successfully navigate. Participants will be asked to work on development of their own skills to enhance social connections.

Thinking of Spring? Enjoy and Take an Active Break | Tuesday, April 7

Presenter: Janna Lamey, MSEd, Assistant Dean for Student Life

Exercise can improve the ability to learn and remember, along with being a method to decrease stress levels. We will join together with other graduate students, walk around scenic Beebe Lake, and end for continued conversation over lunch. Wear walking shoes and dress for rain or shine! Meet at the Big Red Barn.

Fueling Your (daily) Performance | Thursday, April 23

Presenters: Clint Wattenberg, RD, and Randy Patterson, PhD, Cornell Healthy Eating Program

Learn the art of healthy eating and how fuel can be used for optimal physical and mental performance using a wellness approach to understanding nutrition and our body needs. Come with your individualized question for group discussion.

102 Mann Library | 12:30 - 1:30pm | Healthy lunch served at 12:15

Find out more and RSVP: http://gradschool.cornell.edu/life-cornell/programs