Gradstravaganza 2019
Mini-Workshops for Graduate Student Success

Capacity for Mini-Workshops is limited to 55 students each. Please review the Mini-Workshop topics and descriptions, and select first, second, and third choices in case sessions are full.

Schedule and Room Locations

<table>
<thead>
<tr>
<th>Time</th>
<th>JC Room A*</th>
<th>JC Room B</th>
<th>JC Room C</th>
<th>JC Room D</th>
<th>JC Room F</th>
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</thead>
<tbody>
<tr>
<td>4:00-4:30pm</td>
<td>Building Your Network Now for Your Job Search Later*</td>
<td>Making the Commitment to Writing</td>
<td>Pathway through the PhD</td>
<td>Fellowships and Funding Opportunities in Grad School and Beyond</td>
<td>Resilience in Grad School: Strategies to Support Your Thriving</td>
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<td>4:30-5:00pm</td>
<td>Building an Effective Relationship with Your Mentor/Advisor*</td>
<td>Building Your Network Now for Your Job Search Later</td>
<td>Budgeting the Grad School Way</td>
<td>Strategies for Success in Your Master’s Degree Program</td>
<td>Managing Limited Time and Multiple Demands</td>
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<td>5:00-5:30pm</td>
<td>How to Get On-Campus Employment as a Graduate Student*</td>
<td>Building an Effective Relationship with Your Mentor/Advisor</td>
<td>Well-Being during Graduate School: Balancing Difficult Decisions</td>
<td>Strategies for Success in Your Master’s Degree Program</td>
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Trying to decide which workshops to attend? Build a track depending on your interests:

- Master’s Students
- Doctoral Students
- Well-Being
- Networking
- Finances

* All sessions in Room A will be livestreamed and recorded.
Session Descriptions (in alphabetical order)

Budgeting the Grad School Way
Time & Location: 4:30-5:00pm in JC Room C
Emilie Dubert, Director of Contemporary Student Services, and Anthony Berardo, Assistant Director of Off-Campus Student Services
Learn best practices for covering your expenses through budgeting while you are in graduate school.

Building an Effective Relationship with Your Mentor/Advisor
Time & Locations: 4:30-5:00pm in JC Room A* & 5:00-5:30pm in JC Room B
Dr. Laurence Bray, Interim Associate Provost for Graduate Education
Your faculty advisor or mentor is a key part of your success in your graduate program and your intended future career. Find out strategies for how to make the most of this important relationship.

Building Your Network Now for Your Job Search Later
Time & Locations: 4:00-4:30pm in JC Room A* & 4:30-5:00pm in JC Room B
Kristin Leonato, Associate Director, University Career Services
Graduate school provides an opportunity not only to build your knowledge, but also to build your network of professional contacts and colleagues. Learn tips to help you begin preparing for your eventual job search today.

Fellowships and Funding Opportunities in Grad School and Beyond
Time & Location: 4:00-4:30pm in JC Room D
Dr. Kay Ágoston, Director of Graduate Fellowships
Discover strategies and resources for identifying fellowships and external awards to fund your graduate education, research, and professional development.

How to Get On-Campus Employment as a Graduate Student
Time & Location: 5:00-5:30pm in JC Room A*
Amy Snyder, Director of Special Projects for University Life, & Debbie Zuiker, On-Campus Student Employment Specialist, University Career Services
Finding a job on campus can be both time-consuming and confusing. This session is structured to help graduate students learn the different on-campus employment opportunities: student employment, university employment, and graduate assistantships (graduate professional, teaching, and research assistantships). Come find out what kinds of jobs are out there and how to find them.

Making the Commitment to Writing
Time & Location: 4:00-4:30pm in JC Room B
Dr. Courtney Massie, Assistant Director of the Writing Center
Are you faced with large writing projects (such as a paper, thesis, or dissertation), but have trouble making progress? Join us to discuss frequent barriers to writing and strategies for overcoming them to achieve your writing goals.

Managing Limited Time and Multiple Demands
Time & Locations: 4:30-5:00pm & 5:00-5:30pm in JC Room F
Vicki Dominick, Associate Director of Learning Services, & Rebecca Mattern, Graduate Assistant for Learning Services
As a graduate student, you are juggling multiple academic demands along with other priorities, including work, family, wellness, and more, all within a limited schedule. In this session, find out the top ten strategies for managing your time to meet the demands of graduate student life.

Pathway through the PhD
Time & Location: 4:00-4:30pm in JC Room C
Dr. Shannon Davis, Professor and Director of Graduate Studies for Sociology
Are you wondering what to expect during a doctoral program? Although specific requirements will vary by graduate program, this session will provide an overview of the key benchmarks of a doctoral program and will highlight available resources to help you make the most of your journey.

Resilience in Graduate School: Strategies to Support Your Thriving
Time & Location: 4:00-4:30pm in JC Room F
Dr. Rachel Wernicke, Associate Dean and Chief Mental Health Officer
Although balancing the demands of graduate school and your personal life can be challenging, there are effective, evidence-based strategies for strengthening resilience. This workshop will provide you with tangible skills that you can use to manage stress and thrive both in school and in your personal life.

Strategies for Success in Your Master's Degree Program
Time & Locations: 4:30-5:00pm & 5:00-5:30pm in JC Room D
Dr. Steven Harris-Scott, Program Manager for Graduate International Pathways for INTO-Mason
Wondering what to expect during your master's program? Whether you are a part-time or full-time student, come learn strategies to make the most of your master's degree experience at Mason.

Well-Being during Graduate School: Balancing Difficult Decisions
Time & Location: 5:00-5:30pm in JC Room C
Dr. Nick Lennon, Director of Leadership Education and Development (LEAD)
You feel that you need to join a research project to help with your future career (e.g., career/financial well-being), but are concerned that it will take time away from your family (e.g., social/emotional well-being). How do you decide what's best for your well-being, as well as the well-being of your family? What about the well-being of those beyond ourselves and our families? During this interactive workshop, you will uncover the pros and cons of the ethical approaches you are already using and learn about other helpful approaches. Resources will be provided.

* All sessions in Room A will be livestreamed and recorded.