

Request a GPSN Workshop

Choose a workshop listed below.

Email the Office of Student Success & Well-Being to request: gradsuccess@uga.edu

ADDRESSING BURNOUT

Identify the symptoms and causes of burnout and discuss strategies to protect against it

COLLABORATION & CONNECTION

Talk through the benefits of collaboration and support among graduate student peers

CONFRONTING IMPOSTER SYNDROME

Learn about imposter syndrome, its causes, and its consequences

CULTIVATING A SOCIAL LIFE IN GRAD SCHOOL

Discuss the benefits and barriers to social life in grad school, as well as resources for building community

MOVING FROM SELF-CRITICISM TO SELF-COMPASSION

Recognize the voice of criticism and discover strategies for a more compassionate narrative

SETTING BOUNDARIES

Define boundaries and learn why they are important to student success

WORKING THROUGH PROCRASTINATION (INCLUDES TIME MANAGEMENT TIPS)

Identify what causes us to procrastinate and talk through ways to push past it



Graduate School
UNIVERSITY OF GEORGIA



grad.uga.edu/student-success-well-being