

# Graduate Peer Support Network Workshops

Request a workshop listed below.

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

## FINDING YOUR VOICE: NAVIGATING PUBLIC SPEAKING

Explore strategies for navigating challenging situations, including speech construction and preparation, anxiety management, Q&A sessions, and improvisation techniques

## 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

## SLEEP HYGIENE

Learn how to incorporate sleep hygiene into your daily routine so that you can get a more restful sleep now

## 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



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