

Attention Graduate Students!



Habit + Accountability =

SUCCESS

Come learn how to become a grittier, happier, and more efficient graduate student. Find the right accountability system, discover how to build habit structures, and engage action plans that reflect your values. Excellent habit practices reduce decision-making fatigue, increase productivity, and encourage happiness and well-being.

Presented by Dr. Leslie Blood, Director of Graduate Community and Professional Development at University of Colorado Boulder.

Tuesday, October 8; 6-7 p.m.

Beckman Hall 401, Orange Campus

FREE EVENT - light refreshments will be served

RSVPs appreciated but not required

Email GradEd@chapman.edu

Sponsored by the Office of the Vice Provost for Graduate Education