Graduate Student Seminars

Cultivating Wellbeing
Strategies for Graduate Students

Featuring
E. Rachel Eskridge
Director, Center for Student Wellbeing
JaNiene E. Peoples
Student Wellbeing Coordinator, Center for Student Wellbeing
David Sacks
Staff Psychologist, Psychological and Counseling Center

Graduate school presents its own set of challenges and sources of stress that can make it difficult to maintain your emotional and physical wellbeing. The panelists for this event will offer strategies for maintaining your wellbeing in graduate school, lead you through a brief mindfulness exercise, and answer your questions. Questions for the panelists can be submitted anonymously before the event at https://www.surveymonkey.com/r/M8XG28N Coffee and snacks will be served.

This event is open to all Vanderbilt University graduate students.

Friday, November 10 | 12:00-1:00 PM
Buttrick Hall 102

Sponsored by the College of Arts and Science, the Graduate School, and the Center for Student Wellbeing