



Graduate Pathways to Success Webinar: Time Management

Wednesday, January 28th, 2015
10:00 AM to 11:30 AM

Who will benefit most from this session? Graduate students who are experiencing difficulty in managing their time and students who want to learn strategies for balancing a variety of demands.

As a graduate student, you can understand what the demands will be on your time over the next few months, and years. This session will help you succeed as a graduate student by providing:

- strategies for staying on top of tasks and effectively planning your days,
- tips for assessing your use of time,
- ways to set priorities,
- guidelines for using the five steps of time management, and
- tools and resources to help you meet your time management goals.

In addition to helping you to make the most of your hours of study and work, the session will provide ideas for using down-time to achieve wellness and balance, which is key to your success as a graduate student.

Facilitator: **Kelly White**, Student Development Officer, Wellness. Kelly White works closely with various projects, programs and student groups at UBC to build capacity for health and wellness promotion on campus. To this role at UBC, Kelly brings an M.Ed. in health education, previous experience with teaching and research, and many years of learning to balance time in meeting her goals and responsibilities. As a life-long learner, time management continues to be an area of interest for Kelly who looks forward to sharing some recommended practices in this session.

and

Veronica Marchuk, Wellness Centre Coordinator. In her current role, Veronica is responsible for supporting various wellness initiatives on campus through the capacity of the Wellness Centre and collaborative work with many campus partners. As a graduate student from the School of Population and Public Health, she is passionate in promoting a healthier campus and empowering students to develop skills in maintaining a healthy and balanced lifestyle. Her current role as both a full-time graduate student and professional staff member further develops her ability to effectively manage her time so that she can be successful in her multiple roles. Veronica is excited to share with you these effective time management strategies that support her success and professional development.

Registration: Priority will be given to UBC graduate students registered in the current academic session. To register, please visit: <https://www.surveyfeedback.ca/surveys/wsb.dll/s/1g3cce>

You will receive technical information on how to access the webinar with your registration. If you experience any difficulty with the online registration tool, please e-mail: graduate.pathways@ubc.ca

For information on future Graduate Pathways to Success events see: www.grad.ubc.ca/pathways .