



Life and Career Series: Overcoming Perfectionism

Thursday, January 29th, 2015

9:30 AM – 12:30 PM

Graduate Student Centre, Crescent Road, Point Grey Campus

We live in a culture that emphasizes being perfect as a virtue in everything from body image to relationships to career achievements. The problem is that life and being human, in spite of our best efforts, is messier than this. Having high standards is one thing, but taking a perfectionistic approach to life can actually get in the way of your success. Striving for perfect often involves chronically doubting or second guessing yourself, being relentlessly hard on yourself (or others), and never feeling like you quite "make it". For graduate students, this often translates into: chronic procrastination, late assignments, strain on peer and supervisory relationships, and never feeling like you are "good enough".

This workshop will introduce participants to some of the concepts that drive perfectionism so that they may have a better understanding of what is going on as well as provide strategies to manage the challenging parts that arise

Facilitator: Alex Abdel-Malek, MSW, RCC, is a professional therapist and instructor devoted to understanding how meaningful choices affect our health and wellbeing. In addition to teaching counselling skills at a university level, Alex is a regular contributor to programs and courses at the UBC Life and Career Centre, teaching popular courses such as From Stress to Strengths and Breaking Patterns of Procrastination.

Registration: Seats are limited and 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/1g3ccf>.

Confirmation of registration will be sent within two working days. If you experience any difficulty using the online registration tool, please e-mail graduate.pathways@ubc.ca.

For information on upcoming Graduate Pathways to Success Events, please visit: www.grad.ubc.ca/pathways

Refreshments: Beverages will be provided. Please bring your own mug.

We appreciate the support of UBC Graduate Student Society for this event.