Dear UO Graduate Students,

The Graduate School is hosting a series of resilience building workshops to raise awareness on social and cultural challenges.

Attendees will develop metacognitive skills and mindfulness tools for well-being and success.

**12-1:30 pm, October 17 — Lokey Education Building ED 276**  
Tips for Success, Well-Being and Resilience Building

**12-1:30 pm, October 23 — Condon Hall 260**  
Develop a Positive Self-Image by Addressing Stereotype Threats

**12-1:30 pm, October 31 — Lokey Education Building ED 276**  
Addressing Daily Microaggressions and the Hidden Curriculum

**12-1:30 pm, November 7 — EMU Oak Room 240**  
Overcoming Impostor Syndrome

**12-1:30 pm, November 14 — Lokey Education Building ED 276**  
Mindfulness Tools for Resilience Building from the East and the West

**12-1:30 pm, November 21 — Lokey Education Building ED 276**  
Resilience Building and Goal Setting for Success

If you have any questions, please contact the Graduate School’s Director of Diversity and Inclusion, Padma Akkaraju at padma@uoregon.edu.