AGENDA
1:00-3:00 pm- Rice Hall Auditorium (room 130) and Olsson Hall rooms 005, 009, and 011

Block 1: Wellness and the Whole Self – Jason Jones, Director of Inclusive Excellence and Applied Research, UVA Engineering Office of Diversity and Engagement and Liz Ramirez-Weaver, L.C.S.W., CAPS Embedded Therapist at the School of Engineering
• Work-life balance and stress management – some useful practices and exercises
• How to care for yourself and others

Block 2: Getting the Most Out of Graduate School – Amy Clobes, Assistant Director of Graduate Education & Scott Barker, Associate Dean of Academic Affairs and Professor of Electrical and Computer Engineering
• The role of the graduate student in the School and University
• Common Funding Questions
• The mentor-mentee relationship – how to get the most out of your relationship with your advisor

Block 3: Career Design: Building Your Personal Brand & Identity as an Advanced Degree Engineer – Frances McBride, Associate Director for the Center for Engineering Career Development or Myra Khan Blanchard, Assistant Director of Career Advising, Data Science & Analytics, UVA Data Science Institute and UVA Engineering
• Overview of career and professional development resources and upcoming events
• Exercise on personal branding and identity

Block 4: Real Talk: Current Graduate Student Panel – Graduate Engineering Student Council
• Hear tips on getting started in graduate school from current students
• Ask questions about grad school, life in Charlottesville, and what else is on your mind

3:00-4:00 pm Welcome Reception & Resource Fair- Thornton Hall Courtyard