



WORKSHOP SERIES

2024

Survive and Thrive as an Int. Grad Student

Do you want to know/share...

- How to focus on your research?
- How to communicate effectively with your advisors and peers?
- How other international students are doing in labs?

***Let's learn surviving and thriving skills
with other international grad students***

- Format :This is a discussion group facilitated by a counselor. Participants will decide topics to discuss.
- Possible topics : Focusing research, Time management, Keeping sanity while in grad schools, Communication with advisors and peers, Sound sleep

Date : 10/11, 10/18, 11/1, 11/15, 11/29 (All Fridays)

Time : 13:00 - 14:00

Location : C-15 at Student Communicaiton Station 2nd Floorer



Enroll Now!



**Student Advice and Counseling Center
International Student Counseling Office**

 **011-706-8001 (9:00 - 17:00)**

 **inq@sacc.hokudai.ac.jp**