



University Health Services Mental Health Workshops for Graduate & Professional Students

Fall 2024 Workshops

September

Wed. 09/04 4pm-5pm Stress Management

Thu. 09/19 11am-12pm Self-Compassion

October

Wed. 10/02 4pm-5pm Overcoming Perfectionism

Thu. 10/17 11am-12pm Stress Management

Wed. 10/30 4pm-5pm Navigating Difficult Conversations

November

Thu. 11/14 11am-12pm Overcoming Perfectionism

Wed. 11/20 4pm-5pm Stress Management

December

Thu. 12/05 11am-12pm Maintaining Motivation in Grad School

Attending this event and completing the reflection in Canvas is worth 1 PDU towards a GRAD Aggies Professional Development Certificate for graduate & professional students. Visit grad-aggies.tamu.edu for more information.

For more information and to register, visit

tx.ag/GRADAggiesCalendar





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Wednesday Workshops

09/04	4pm-5pm	Stress Management
10/02	4pm-5pm	Overcoming Perfectionism
10/30	4pm-5pm	Navigating Difficult Conversations
11/20	4pm-5pm	Stress Management

Thursday Workshops

09/19	11am-12pm	Self-Compassion
10/17	11am-12pm	Stress Management
11/14	11am-12pm	Overcoming Perfectionism
12/05	11am-12pm	Maintaining Motivation in Grad School

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