It is critical for graduate students of color to practice self-care: routine activities and practices that enhance and maintain your short and long-term health. Graduate school culminates in a hard-earned degree but the quality of your journey towards that goal greatly matters. Dr. Charisse Williams, Assistant Director, UW Counseling Center, will discuss effective strategies for understanding stressors, overcoming feelings of isolation and seasonal affective disorder, identifying favorite activities that promote positive health, mitigating fatigue, and outlining and sticking to a self-care plan.

Please register online: https://tinyurl.com/y8rrluca

While GO-MAP’s events and programming are geared towards graduate students of color, they are open to all UW graduate students, faculty and staff, especially those interested in supporting and increasing a racially diverse graduate student population.

The Winter Quarter 2018 GO-MAP Power Hour is sponsored in partnership with the University of Washington School of Public Health and is the second in a series of quarterly GO-MAP programming events hosted in the Health Sciences complex during the 2017-18 academic year.

Please contact GO-MAP at gomap@uw.edu or Steve Berard at sberard@uw.edu if you have any questions.