



THE GRADUATE SCHOOL

UNIVERSITY of WASHINGTON

GO-MAP | Graduate Opportunities & Minority Achievement Program

Battling Burnout with Better Self-Care

Thursday, February 15, 2018
4:00 – 5:30 PM

University of Washington
South Campus Center, Rm. 303
refreshments provided

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.