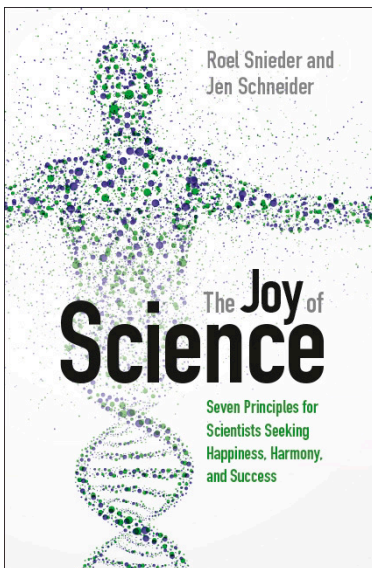


# Wellness Practices for Graduate Students

*A 1/2 credit class that helps students thrive rather than survive  
Spring 2022, Tuesdays 4-5 PM, CSM598A-A*

Graduate school is a time of growth and development that is exciting but may come with external and internal pressure and stress. Graduate school is also the time when we develop habits that we take with us in our professional life. This class focuses on practices that improve the wellbeing of graduate students by addressing issues and situations that are relevant for graduate school as well as mental skills and habits that are relevant in graduate school and beyond. This class supports the development of well-rounded graduate students that thrive in graduate school.



## **Topics:**

What does success in graduate school mean?  
Activity management and the guilt trap  
Emotional management and mental hygiene  
Growing emotional intelligence  
The imposter phenomenon  
Working with your advisor  
Having difficult conversations  
You are not alone

**Teacher:** Roel Snieder is the W.M. Keck Professor of Professional Development Education at the Colorado School of Mines. Apart from being [a productive researcher](#), Roel teaches the class [Science and Spirituality](#) and is a certified instructor for suicide prevention training (QPR).

For questions or more information [contact Roel Snieder](#)