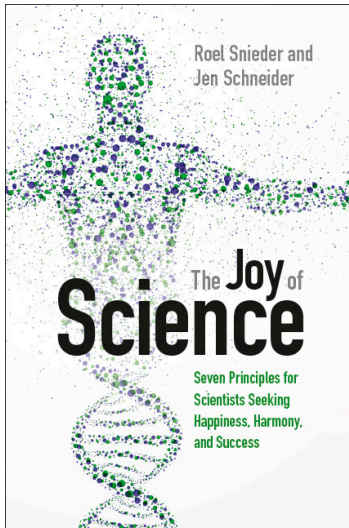


Wellness Practices for Graduate Students

*A 1/2 credit class that helps students thrive rather than survive
Fall 2022, 8 Tuesdays from 400-515 PM, CSM598A-A*

Graduate school is an exciting time of growth and development, but that may come with external and internal pressure and stress. This class focuses on practices that improve the wellbeing of graduate students that are relevant for 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

“This class was a great opportunity to take a break from the rigors of a normal engineering course and reflect questions such as: Where do I want to go in life and am I doing the right things to get there? How can I improve and nourish my whole self? How do I develop healthy personal and professional relationships? I highly recommend this course.” Derrick Chambers

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](#)