

EQ + IQ = Career Success

ASPIRE Module

Thursdays, 11:00am-12:30pm

October 31-December 12, 2019

Light Hall 350

Session: The Savvy Scientist

October 31, 2019

Speaker: Kate Stuart

*(**Session in Light Hall 306)*

Topics: Module Launch, Effective Communication, Emotional Intelligence

Session: Strengths Finder 2.0

Nov 7, 2019

Speaker: Kate Stuart

Topics: Learn about the importance of focusing on developing their strengths while being aware of weaknesses

Session: Conflict Resolution and Difficult Conversations

Nov 14, 2019

Speaker: Stacey Satchell, Graduate School Life Coach

Topics: Understanding ways to successfully navigating conflict

Exercise: Working in teams to seek solutions and present to the class via role-playing

Session: Understanding Personal Growth

Nov 21, 2019

Speaker: Dr. Nalini Conner, UCC Licensed Psychologist and Graduate Student Liaison

Topics: Negative Thinking Patterns, Imposter Syndrome, Growth Mindset

Session: Cultural Differences in Work Relationships

Dec 5, 2019

Speaker: Andrea Pietrzyk and Jillian Hautman, International Student and Scholar Services

Topics: Differences in cultural norms, cultural expectations and customs, approaching relationship differences

Session: Heading to Work: the Future and Beyond

Dec 12, 2019

Speaker: Kate Stuart

Topics: Professional Relationship-Building, Networking, building work relationships, module wrap-up