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