

PROFESSIONAL DEVELOPMENT WINTER WARM-UP

A CURATED CALENDAR OF SKILL DEVELOPMENT AND WELLNESS ACTIVITIES FOR JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Complete a self-assessment in DiscoverPD



5

Update or create your Individual Development Plan (IDP)

6

Take a LinkedIn Learning self-paced class to develop your skills

7



Explore meditation spaces on campus

8

Check out CIRTl self-paced courses, such as Incorporating Active Learning, Making Large Classes Feel Small, and many others

9

The Proactive Mentee Workshop (with Lunch)

12

Project Management for Graduate Students

13

Funding Resources for International Graduate Students

14

Navigating Graduate School with a Disability: Finding Community, Disrupting Ableism, and Advancing Inclusion in the Academy

Strategies for Success in Graduate Student Professional Development

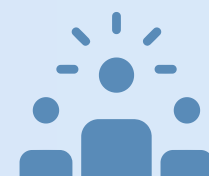
16

Winter Welcome Back, hosted by the Graduate School - Registration Required

Martin Luther King Jr. Day: Join the campus community in learning about and honoring Dr. King's legacy

19

Happy First Day of Classes!



20

Build your Network: Connect with two new contacts through LinkedIn

21

Take 45 minutes to update your CV or resume



22

Strengthen your happiness skills: Watch "Five Tips for Cultivating Happiness"

23



Listen to a guided relaxation podcast created by UHS

26

Have a writing goal? Check out the Writer's Handbook

27

Learn about and join the Bridge and Build Community



28

Master's students: Explore careers and build job search skills in Beyond Graduate School

29

Doctoral students: Maximize your career competitiveness with Beyond the Professoriate

30