Wellness Practices for Graduate Students

A 1/2 credit class, 8 Tuesdays from 200-315 PM, Spring 2023, SYGN 505-A

Topics:

What is success in graduate school?
Activity management and the guilt trap
Emotion 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 Mines.

For questions or more information contact Roel Snieder (rsnieder@mines.edu)