



TRAINEE WORKSHOP SERIES #1

DEVELOPMENTAL ORIGINS OF GRADUATE SCHOOL: A GOAL SETTING AND PRODUCTIVITY SYSTEM FOR GRAD STUDENTS



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Pacific: 10:00 AM - 12:30 PM
Mountain: 11:00 AM - 1:30 PM
Central: 12:00 PM - 2:30 PM
Eastern: 1:00 PM - 3:30 PM
Atlantic: 2:00 PM - 4:30 PM
Newfoundland: 2:30 PM - 5:00 PM



<https://usd.zoom.us/j/98534662733>

Meeting ID: 98534662733

This workshop helps graduate students start strong by introducing and teaching a complete goal-setting and productivity system. Participants will learn how to set clear, achievable goals, prioritize tasks, and build habits that support long-term success in grad school—all grounded in practical strategies to boost focus, motivation, and academic performance from day one