Need a boost with academics?

Sign up for GIA!

What is GIA?

- Goals in Action (GIA) is a program that supports students as they develop and reach their academic goals. We do this by:
  - Identifying your strengths and resources (e.g., ways to reach out to professors, community supports, etc.) to thrive academically.
  - Building healthy skills to manage stressors and time, and finding balance with meeting personal and academic demands.
  - Developing your goals based on your values and act accordingly, as values-driven action is more sustainable in the long run!
- Become more academic resilient by increasing your emotional, social, and psychological wellbeing!

The GIA program is 5 weeks and classes are offered in-person & virtually. Students can sign up until week 4!

Offering 2 Sections in the Fall 2023 Quarter: 1 Virtual and 1 In-Person

VIRTUAL:
- Starting week 4
- Tuesdays, 10-11:30am
- 10/24 - 11/21

In-Person:
- Starting week 5
- Thursdays, 1-2:30pm
- 11/2 - 12/7

Interested in learning more and signing up? Click here or scan the QR code. Please contact GIA Program Coordinator, Dr. Belur at abelur@uci.edu with any questions.

Attend all 5 weeks of the program to get prizes and giveaways!