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.

Develop 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!

WHAT IS GIA?

Goals in Action (GIA) is a 5-week 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.
- Develop your goals based on your values and act accordingly, as values-driven action is more sustainable in the long run!

OFFERING 5 SECTIONS FOR WINTER 2024

IN-PERSON

Tuesdays, 2pm - 3:30pm - Starts Week 4 (Jan 30th)
Wednesdays, 1pm - 2:30pm - Starts Week 3 (Jan 24th)
Thursdays, 3pm - 4:30pm - Starts Week 3 (Jan 25th)

VIRTUAL/ZOOM:

Tuesdays, 10am - 11:30am - Starts Week 3 (Jan 23rd)
Fridays, 10am - 11:30am - Starts Week 4 (Feb 2nd)

MORE INFORMATION:

Interested in learning more and signing up? Click here or scan the QR code.

abelur@uci.edu
Contact Dr. Anushree Belur, GIA Program Coordinator for more information.