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!

Become more academic resilient by increasing your emotional, social, and psychological wellbeing!

WHAT IS GIA?

OFFERING 3 SECTIONS FOR WINTER 2024

IN-PERSON
Wednesdays, 3pm - 4:30pm - Starts Week 4 (April 24th)
Thursdays, 1pm - 2:30pm - Starts Week 4 (April 25th)

VIRTUAL/ZOOM:
Fridays, 10am - 11:30am - Starts Week 4 (April 26th)

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.