

GOALS IN ACTION SPRING 2024

NEED A BOOST WITH ACADEMICS?
SIGN UP FOR GIA!

SCAN TO SIGN-UP!

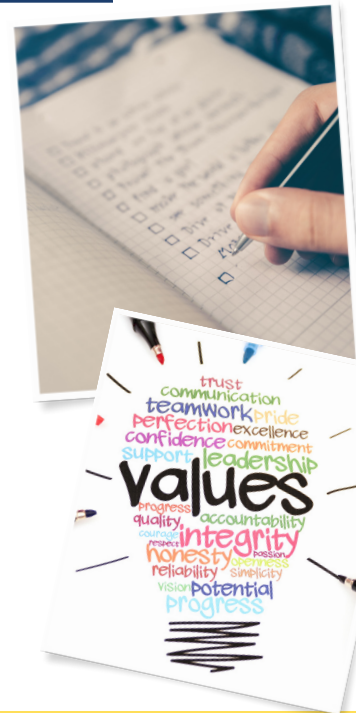


WHAT IS GIA?

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!

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



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.

GOALS IN ACTION
Kickstarting Academic Resilience!

UCI Counseling
Center