

GOALS IN ACTION FALL 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 2 SECTIONS FOR FALL 2024

VIRTUAL/ZOOM:

Tuesdays, 2pm - 3:30pm - Starts Week 4 (October 22nd)

IN-PERSON:

Thursdays, 1pm - 2:30pm - Starts Week 4 (October 24th)

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Contact Dr. Anushree Belur,
GIA Program Coordinator
for more information.

 **GOALS IN ACTION**
Kickstarting Academic Resilience!

UCI Counseling
Center

MORE INFORMATION:

Interested in learning more
and signing up? [Click here](#)
or scan the QR code.

