

# GOALS IN ACTION WINTER 2025

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 5 SECTIONS FOR WINTER 2025

### IN-PERSON:

Tuesdays 10am - 11:30am (Starts Week 3 - January 21st)

Tuesdays 2pm - 3:30pm (Starts Week 4 - January 28th)

Wednesdays 3pm - 4:30pm (Starts Week 3 - January 22nd)

Thursdays 3pm - 4:30pm (Starts Week 4 - January 30th)

### VIRTUAL/ZOOM:

Thursdays 10am - 11:30am

(Starts Week 3 - January 23rd)

\*Email Dr. Belur at [abelur@uci.edu](mailto:abelur@uci.edu) if interested in a virtual GIA section on Fridays from 10:00am - 11:30am (starting week 4)

**GOALS IN ACTION**  
Kickstarting Academic Resilience!

**UCI** Counseling  
Center

### MORE INFORMATION:

Interested in learning more and signing up? Scan the QR code or checkout the link in bio! You can also email the GIA Program Coordinator, Dr. Anushree Belur for more information.



[abelur@uci.edu](mailto:abelur@uci.edu)

