

GOALS IN ACTION SPRING 2025

NEED A BOOST WITH ACADEMICS?
SIGN UP FOR GIA!

SCAN TO
SIGN-UP!



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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!



SIGN UP FOR SPRING 2025 SECTIONS!

IN-PERSON:

Tuesdays 10am - 11:30am (Starts Week 4 - April 22nd)

VIRTUAL/ZOOM:

Thursdays 2pm - 3:30pm (Starts Week 4 - April 24th)

SIGN UP LINK:

<https://tinyurl.com/GIAS25>

GOALS IN ACTION
Kickstarting Academic Resilience!

UCI Counseling
Center

Interested in learning more and signing up?
Check out our website!

<https://counseling.uci.edu/outreach/gia-program/>

Email the GIA Program Coordinator, Dr.
Anushree Belur with inquiries:

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