Foundation Programs
Programs for students to assist in the transition to graduate study at UT.

Co-sponsored by the Graduate Student Association

- **Graduate Student Orientation**  
  Thursday, January 7th, 3:15-5:30pm, Field House, Room 2100

  Orientation is an opportunity to learn about resources available in the campus community, to gain an understanding of academic regulations for graduate students, to explore areas of professional development, and much more. The goal of the Graduate College Orientation programming is to provide valuable information vital to your success as a graduate student at the University of Toledo.

- **Building a Productive Relationship with Your Advisor: Part II**  
  Tuesday, January 26, 4-5:30pm, Student Union Ingman Room

  This program is a continuation of the session that was offered during the fall Orientation program. It will further examine factors that contribute to a positive working relationship between graduate students and faculty and provide students another opportunity for discussion and questions. As the student/advisor relationship is a crucial factor in academic success, this is an opportunity to further explore strategies for building mentoring relationships and resolving problems that sometimes result. This program is open to all graduate students. If you did not attend the session that was held during the August Orientation Program, you are encouraged to view the video prior to this program. The video is available on-line [here](http://www.utoledo.edu/graduate/orientation/bjorkman2009/index.html).

- **Grad School is My Life!! Really? How to Find Balance, Meaning and Enjoyment in Graduate School**  
  Tuesday, February 23, 4-5:30pm, Student Union Room 2582

  This program will help participants explore what being a graduate student means to them. Topics discussed will include perfectionism, balancing academic responsibilities with personal responsibilities, reducing stress and increasing wellness.

  To register for any of these programs, please visit: [here](http://www.utoledo.edu/graduate/currentstudents/additionalresources/upcomingprograms.html)