Learn How to Conquer Grad School with 2nd Wednesdays

Join us on these dates from 12—1 p.m. as we discuss:

**Identifying and managing life’s stressors**
- September 12, Webb Center James/Lynnhaven Rooms — [Click to RSVP]

**Handling relationships with family, friends, and faculty**
- October 10, Virginia Beach/Portsmouth Rooms — [Click to RSVP]

**Resolving conflicts**
- November 14, Virginia Beach/Portsmouth Rooms — [Click to RSVP]

Bring your lunch. We’ll provide chips, cookies, and drinks!
RSVPs limited to 30 students per session. Distance participation TBA.

Old Dominion University
The Graduate School