



THURSDAY MARCH 7, 2019, 9 AM – 1 PM I AM FIRST: NAVIGATING GRADUATE SCHOOL THROUGH A PROACTIVE MINDSET

UC Davis Professors for the Future Project

PFTF Fellows Destiny Garcia and Melissa Patiño Vega will host a half day empowerment conference for graduate students! First generation graduate students are strongly encouraged to attend! The conference will include key workshops including: Explaining your graduate journey - to family and loved ones; Every Penny Counts: funding graduate school; Mental Health workshop: de-stress; and Real Talk: a student & faculty discussion panel. A light breakfast, refreshments and lunch will be provided. Please RSVP [Here!](#) or scan QR Code:



**Half day empowerment
conference**

Workshop Sessions

Student Panels

Funding Graduate School

Mental Health Exercises

**Light breakfast
refreshments and Lunch
Provided!**

LOCATION & TIME:

March 7, 2019
Garrison Room
2nd floor MU
9 am – 1 pm

For more information,
please email
desgarcia@ucdavis.edu &
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