



JSGS STUDENT WORKSHOP:
**TIME AND ENERGY
MANAGEMENT FOR
GRADUATE STUDENTS**

Featuring: **Loleen Berdahl**, PhD, Executive Director, JSGS

Current JSGS Students and Alumni are invited to register to attend this workshop!

Graduate school is a busy and challenging time for many students. This 75-minute interactive workshop is designed to provide you with concrete ideas and strategies to advance work-life balance through time and energy management. Because work-life balance learning occurs most strongly in conversation with peers, this workshop is highly applied, with breakout activities in which you work with others to share and explore ideas. Participants should bring materials for notetaking and a willingness to engage fully.

Date: Wednesday, April 6, 2022

Time: 3:00 - 4:15 pm

Location : CB 330, College Avenue
Campus, 2155 College Avenue,
University of Regina

This student and alumni workshop will be available in person only. Please register online to attend. Please adhere to current campus COVID requirements, and stay at home if you feel unwell or have any COVID symptoms.



**FOR MORE INFORMATION ABOUT THIS EVENT, PLEASE CONTACT
JSGS AT JSGS.EVENTS@UREGINA.CA. TO REGISTER, PLEASE VISIT US ONLINE AT
WWW.SCHOOLOFPUBLICPOLICY.SK.CA**