Lunch & Learn Series
Skills Toolkit for International Graduate Students

October 1st -
Let's talk about navigating adjustment

November 8th -
Let's talk about finding your voice and negotiating identity shifts

December 3rd -
Let's talk about stress management

Monday, October 1
12:00 PM - 1:00 PM
Murray House

"Why don't Americans carry umbrellas?"
"What do you do when your name is mispronounced?"
"Do you miss home?"

Lunch will be provided
Please RSVP to bcis@bc.edu

This series is sponsored by University Counseling Services, the Office of Graduate Student Life, and the Office of International Students and Scholars
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Thursday, November 8
12:00 PM - 1:00 PM
Murray House

"Do you worry that others will not understand you?"
"What does it mean to be an international student in our current political and social climate?"
"What have you gained or lost in the process of acculturation?"

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Monday, December 3
12:00 PM - 1:00 PM
Murray House

"How do you balance your life and school work?"
"How would you cope with stress of finals?"
"What skills do you have to manage distress in your life?"

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