**Lunch & Learn**

**The Imposter Syndrome**
February 02, 2018  
12:00 p.m.- 1:00 p.m.  
KRAN G005

Part of maturing as a graduate student is finding your voice and the confidence to know that you belong in your academic discipline. Any individual can be impacted by the imposter syndrome (IS), but minorities in a field are more susceptible, so addressing this early in your career is important. In this session we will introduce examples of IS, implications on mental health and social justice. Quick tips on the power of positive thinking will be given.

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Most graduate students don’t graduate on time because they do not have a plan of attack. Usually graduate students are successful in their courses, but it is the policies, processes and politics that trip them up. This session is designed to help students plan for graduate school and create a target for finishing on time.

**Planning to Graduate On-Time**
February 09, 2018  
12:00 p.m.- 1:00 p.m.  
YONG B-64

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**Postdoctoral: What is a Post-Doc?**
February 23, 2018  
12:00 p.m.- 1:00 p.m.  
YONG B-64

A panel of postdocs will share their postdoctoral experiences with the audience. This will be an interactive session and will address questions like: What is a post-doc? Do I need one? How do you get one? How much do they pay? What are the responsibilities?

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