

2026

GRAD WEEK EVENTS

6

APRIL

Coffee Bar Kickoff

10:30 AM | Graduate Student Commons

Start GRAD Week with coffee, connection, and community.

Begin with Balance (Guided Meditation)

12:00 – 1:00 PM | Virtual

Reset and recharge with a guided meditation for the week ahead.



REGISTER NOW

7

APRIL

Wellness Walk

12:30 - 1:30 PM | Graduate Student Commons

Take a break and join us for a relaxing walk around campus. Refresh your mind, move your body, and connect with others.

8

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AI as a Learning Partner: Supporting your Online Learning Success

12:00 - 1:00 PM | Virtual

Learn how to use AI to support your academic success and enhance your online learning experience.



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Prioritizing Your Well-Being

12:30 - 1:30 PM | Virtual

Focus on your well-being with tools and strategies to manage stress and navigate graduate school.



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10

APRIL

Grad Student Panel - Connect & Thrive

3:00 - 4:00 PM | Virtual

Hear real experiences, advice, and insights from fellow graduate students to help you thrive.



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