FEBRUARY

**Returning to Harvard after Time Away**

February 4, 12:00-1:00 p.m.

For Harvard College students. A group to discuss, strategize, and get support about coming back to Harvard after time away. No registration.

**Post-Concussion Strategies & Coping Workshop**

February 5, 1:30-2:30 p.m.

For students experiencing academic, social, or other aftereffects of a concussion. No registration.

**Speaking Up in Class**

February 10, 1:00-2:30 p.m.

Develop strategies to increase self-confidence and manage anxiety about speaking in academic settings. Register online at bsc.harvard.edu.

**Dissertation Writers’ Support Group**

February 12, 1:00-2:30 p.m.

For doctoral students seeking support to make headway with dissertation tasks. After the five sessions, group members may elect to continue as a peer dissertation writers’ support group. Call 617-495-2581 to schedule a 30-minute pre-group consultation.

**What Are You Doing with Your Life?**

February 12, time to be determined

Weekly meetings on Fridays, beginning February 12, time to be determined based on participants’ availability.

For graduate students. A discussion group to explore purpose, passion, potential, conflicts, and challenges. Call 617-495-2581 to schedule a 30-minute pre-group consultation.

**Time Management**

February 19, 1:00-2:30 p.m.

Identify your priorities, learn how to plan and manage your time more effectively, and develop strategies for dealing with challenges. Register online at bsc.harvard.edu.

**Commitment and Creativity: Making Time and Space for What Matters Most**

February 22, 2016, 3:30-5:00 p.m.

Consider where and how we devote our energy, time, talent, and savvy in the face of internal and external pressures to “just get it done” rather than to manifest our creativity in the service of our most meaningful commitments. Register online at bsc.harvard.edu.

**Attending to Attention: Strategies for Focus and Concentration**

February 29, 3:00-4:30 p.m.

Develop strategies to manage difficulties with attention. To register, email Aurora Sanfeliz - asanfeliz@bsc.harvard.edu.

MARCH

**Procrastination**

March 2, 2:00-3:30 p.m.

Explore factors that might lead us to procrastinate, including the wisdom that motivates meaningful digressions. Consider practical and attitudinal approaches we might try when we find ourselves resisting or avoiding our academic work. Register online at bsc.harvard.edu.

**Peak Performance Workshop**

March 3, 12:00-1:00 p.m.

Learn strategies and techniques to optimize results in one or more domains of your life. No registration.

**Dissertation Writing Workshop**

March 7, 3:30-5:00 p.m.

For graduate students. Consider how to orient to the nature and scope of your inquiry; how to write when feeling overwhelmed, lost, daunted, or discouraged; and how to manage time, anxiety, energy, and tasks. Register online at bsc.harvard.edu.

**Getting Started Writing Papers**

March 28, 3:00-4:30 p.m.

Find ways to get your papers started and done (on time), from an idea to a final draft. To register, email Aurora Sanfeliz - asanfeliz@bsc.harvard.edu.

REQUEST A WORKSHOP

BSC academic counselors are available to facilitate workshops on request for Houses or Yards, departments, classes, or student groups. Examples of popular topics include time management, listening, cultural adjustment, and conflict-resolution skills. Below are descriptions of some of these topics. Workshops can also be developed for new or custom topics.

**Identity and Diversity: Background, Belonging, and Becoming**

Discuss and exercises regarding identity and belonging related to race, ethnicity, gender, class, first generation to college, nationality, religion, sexual identity, and/or sexual orientation. Contact Robin Warrington - rwarrington@bsc.harvard.edu.

**Senior Thesis Workshops**

Learn how to discern the governing question of your thesis; write literature review and methods sections; manage time, energy, anxiety, and tasks; and make good use of adviser(s). Contact: Sheila Reindl - sreindl@bsc.harvard.edu, Craig Rodgers - craig@post.harvard.edu, or Claire Shindler - cshindler@bsc.harvard.edu.

**Living a Balanced Enough Life (at Harvard and Beyond)**

Consider how to balance academics, extracurriculars, relationships, personal time, and downtime and how to prioritize things when everything seems important. Contact Sheila Reindl - sreindl@bsc.harvard.edu.

Visit bsc.harvard.edu for additional workshops and updates.
STUDY @ 5 LINDEN

Looking for a quiet and cozy space to study, with company, coffee and cookies? Check out Study @ 5 Linden!

Academic term: Tuesday, 10:00 a.m. - 4:30 p.m., Thursday, 10:00 a.m. - 4:30 p.m.

Reading Period: Monday - Friday, 9:30 a.m. - 4:30 p.m.

Final Exam Period: Monday - Friday, 9:30 a.m. - 4:30 p.m.

GENERAL INFORMATION

Eligibility: Enrolled candidates in Harvard College, GSAS, GSE, HKS, and HBS Doctoral Programs. Extension School students are eligible only for workshops offered through CARC.

Location: All workshops and discussion groups meet at the BSC, located at 5 Linden Street in Harvard Square, unless otherwise noted.

Privacy Policy: BSC programs and services are private, in keeping with FERPA and Harvard University policies. For more information, please visit the BSC website or contact the BSC.

Our Diverse Community: College and graduate school can prompt new perspectives on who we are, what we value, where we have come from, and where we are going. Many of the BSC workshops and discussion groups address, directly and indirectly, issues related to race, ethnicity, gender, class, first generation to college, nationality, religion, sexual identity, and/or sexual orientation. In addition, the BSC welcomes requests to facilitate discussions for specific student groups (e.g., BGLTQ Student Athletes, the Women’s Center, the Black Men’s Forum, etc.).

HARVARD COURSE IN READING AND STUDY STRATEGIES

This 10-hour course helps you read more purposefully and selectivity, with greater speed and comprehension. Cost: $25 Harvard College and GSAS degree candidates; $150 others. Advance registration required. Go to bsc.harvard.edu for details.

Spring 2016: February 22 to March 4 (2 weeks)
Monday - Friday, 8:00 - 9:00 a.m.

Summer 2016: July 11 to July 22 (2 weeks)
Monday - Friday, 4:00 - 5:00 p.m.

WHERE IS THE BSC?

5 Linden Street in Harvard Square

Visit bsc.harvard.edu to find out how we can support your academic life and learning at Harvard!

WHAT ELSE AT THE BSC?

Academic Counseling
Peer Tutoring
Handouts on study strategies
on the BSC website and in the Cranium Corner
(located in the BSC reception area)
Language of Life and Learning
The Success-Failure Project

Bureau of Study Counsel
Center for Academic and Personal Development

Workshops & Discussions
Spring 2016