BSC WORKSHOPS & DISCUSSIONS
FALL 2018

SEPTEMBER

Zen and the Art of Student Life
Friday, September 7, 9:00-10:00 a.m.
Explore attention, awareness, and acceptance to one’s mind and heart through meditation and discussion. Register at bsc.harvard.edu.

Making the Grade in a Harvard Classroom: For International Students
Monday, September 10, 12:00-1:30 p.m.
A space to reflect on your experience adjusting to a new academic culture. Register at bsc.harvard.edu.

Attending to Attention: Strategies for Focus and Concentration
Wednesday, September 12, 3:30-5:00 p.m.
Develop strategies to manage difficulties with attention. To register, email asanfeliz@bsc.harvard.edu.

Reading Strategies
Thursday, September 20, 3:00-4:30 p.m.
Learn to read strategically, effectively, and efficiently. A mini-version of the Harvard Course in Reading and Study Strategies. Location to be announced. Register at bsc.harvard.edu.

Dissertation Writers’ Support Group
8 weekly meetings beginning Thursday, September 20, 3:00-4:30 p.m.
For doctoral students seeking support to make headway with dissertation tasks. For doctoral students. Learn to orient to the nature and scope of your research and learning while managing the realities of a chronic medical condition.

Returning to Harvard after Time Away
Friday, September 21, 12:00-1:00 p.m.
For Harvard College students. Explore common experiences, challenges, and strategies for staying focused and getting work done. Bring your academic work. To register, email asanfeliz@bsc.harvard.edu.

Time Management
Wednesday, September 26, 1:00-3:00 p.m.
Identify your priorities, learn how to plan and manage your time more effectively, and develop strategies for dealing with challenges.

Note Making
Friday, September 28, 1:00-2:30 p.m.
Explore the common challenges to effective note making. Build and develop strategies for active note making for lectures, reading, and preparing for exams.

Study Strategies for the Bilingual Mind
Friday, September 28, 1:30-3:00 p.m.
Explore cognitive processes of bilingualism and approaches to enhance the learning experience for bilingual students at Harvard. To register, email asanfeliz@bsc.harvard.edu.

OCTOBER

Speaking Up In Class
Monday, October 1, 3:00-4:30 p.m.
Develop strategies to increase self-confidence and manage anxiety about speaking in academic settings. Register at bsc.harvard.edu.

Returning from Field Work: Reconnecting to the Academic Community
Wednesday, October 3, 1:00-2:30 p.m.
For graduate students. Re-entry to Harvard after field work can be disorienting and challenging. Reflect on your fieldwork experience and take stock of your return to Harvard and your plans for going forward with your dissertation research. Register at bsc.harvard.edu.

Keeping Ourselves Accountable
Wednesdays, October 3 through December 5, 3:00-5:00 p.m.
Explore common experiences, challenges, and strategies for staying focused and getting work done. Bring your academic work. To register, email asanfeliz@bsc.harvard.edu.

What Are You Doing with Your Life?
Weekly meetings beginning Friday, October 5, time TBD
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 meeting.

Creating a Life: What Really Matters?
4 Fridays beginning in October, dates and time TBD
An opportunity to step back and engage with others in considering the values that are most important to each of us in creating a life that has a sense of purpose and meaning. Contact fmcnamara@bsc.harvard.edu.

Dissertation Writing Workshop
Wednesday, October 10, 1:00-2:30 p.m.
For graduate students. Learn to orient to the nature and scope of your inquiry; write when feeling overwhelmed, lost, daunted, or discouraged; and manage time, anxiety, energy, and tasks. Register at bsc.harvard.edu.

Peak Performance Workshop
Friday, October 12, 12:00-1:00 p.m.
Learn strategies and techniques to optimize results in one or more domains of your life. No registration.

Post-Concussion Strategies and Coping Workshop
Friday, October 12, 1:00-2:00 p.m.
For Harvard College students who experience academic, social, or other aftereffects of a concussion. No registration.

Attending to Attention: Strategies for Focus and Concentration
Wednesday, October 17, 12:00-1:30 p.m.
A space to reflect on your experience adjusting to a new academic culture. Register at bsc.harvard.edu.

Getting Started Writing Papers
Friday, October 26, 1:30-3:00 p.m.
Find ways to get your papers started and done (on time); from an idea to a final draft. To register, email asanfeliz@bsc.harvard.edu.

Location: All workshops and discussions meet at the BSC, located at 5 Linden Street, Cambridge, MA, unless otherwise noted.

Eligible Students: Harvard College, GSAS, GSE, and HKS. Extension School students are eligible only for workshops offered through CARC.

Accommodation for Disability: If you anticipate needing any type of accommodation for a disability or have questions about the physical access provided, please contact the BSC prior to a workshop or meeting.

Privacy Policy: BSC programs and services are private, in keeping with FERPA and Harvard University policies.

Visit bsc.harvard.edu for details and updates.
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, ability, gender 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.).

CUSTOM WORKSHOPS

Most of the workshops the BSC staff facilitate are not listed on this brochure but are conducted in response to requests from Houses, Yards, departments, classes, and student groups. Below are descriptions of frequently requested topics. Other popular topics include listening, reading strategies, time management, cultural adjustment, and conflict-resolution skills. Workshops can be developed or customized for the needs of a specific group.

Real Talk

A BSC collaboration with members of a dorm/House or student organization to create down-to-earth conversation about ideas and life on topics such as creativity, meaning, motivation, happiness, success, vulnerability, purpose, decision-making, authenticity, and influence.

Contact Sheila Reindl - sreindl@bsc.harvard.edu.

Roots: Where Am I Coming From? Where Am I Going?

Consider how our background and aspects of our identity influence our life and learning at Harvard and our sense of direction in the world.

Contact Frank McNamara - fmcnamara@bsc.harvard.edu.

Senior Thesis Workshops

Learn how to discern the guiding question of your thesis; write literature reviews 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 - croggers@bsc.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 when everything seems important. Contact Sheila Reindl - sreindl@bsc.harvard.edu.

STUDY @ 5 LINDEN

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

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

Reading Period: Monday - Friday, 10:00 a.m. - 4:30 p.m.

Final Exam Period: Monday - Friday, 10:00 a.m. - 4:30 p.m.