


# COLLEGE OF ENGINEERING BIOENGINEERING SEMINAR

 **Temple  
University**  
College of Engineering

**Friday  
Mar 17  
12pm EST**

**Engineering  
Room 126**

**WELLNESS**  
RESOURCE  CENTER

**Garlie C St-Cyr**

Mental Well-Being  
Graduate Extern  
Wellness Resource Center  
Temple University

## “Navigating Grad School II: Communication and Boundaries ”

Exploring in more depth the concepts from February’s conversation, we invite students to explore skills for effective communication and boundary setting. Learn more about ways discomfort can help us grow and balance responsibilities while navigating grad school.

Goal: For students to explore discomfort as an invitation for growth and learn how to manage expectations/responsibilities through communication and boundaries.

Objectives:

- \*Learn skills for effectively communicating needs
- \*Identify personal boundaries related to school/life balance and time management
- \*Learn strategies for sitting with discomfort

Bio: Garlie is the Mental Well-Being Graduate Extern at the Wellness Resource Center. She earned her bachelor degree in Public Health and is currently pursuing her Master of Public Health degree with a concentration in Health Policy and Management at Temple University. Her passions lie in creating equitable and sustainable programs and resources for different communities. Garlie is committed to helping students from all different identities and experiences manage their well-being during their college journey. Garlie enjoys traveling, trying new recipes, and listening to true crime podcasts.

For more info on BioE Seminars or for how to participate remotely [via Zoom](#)

(Zoom ID: 923 7875 8038), please contact

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