BREAK-OUT SESSION DESCRIPTIONS

- **Office of Financial Aid/Office of the Bursar**
  *Making sense of student loans and financial aid?* A frank discussion about borrowing and the long term cost of financing your education. We’ll cover the total cost of your student loans, the disbursement/refund process, loan repayment and forgiveness options, and the services provided by the Office of the Bursar and Financial Aid.

- **University Career Services**
  *Jumpstart Your Career*: It is important to start focusing on your career NOW! Come learn strategies and techniques that will help you to be effective in reaching your career goals. Topics range from networking, resumes and interviewing as well as online resources available to graduate students at DU.

- **Center for Multicultural Excellence**
  *IE and Me: Engaging Inclusive Excellence at DU*: 2 of DU’s 5 core values combine into the framework of Inclusive Excellence (IE). This session will introduce what IE is, why it’s important for your studies, career and life in general, and how you can engage it during your time at DU. Join DU’s [Center for Multicultural Excellence](#) for a primer on this change-making and marketable experience.

- **Writing Center**
  *Tackling Writing Projects Before They Tackle You*: As a graduate student, sooner or later you’ll be faced with a big writing project: a dissertation, a research proposal, a business plan. The deadline may seem far off, but it’s not too soon to start thinking about how to manage the intellectual and practical work of writing in grad school. This session will offer specific strategies for planning, reading and note-taking, developing an effective writing process, and working with others to produce your best writing.

- **Research Center**
  *Research Like a Pro: Graduate Research Tips from the University Libraries’ Research Center* 
  Thousands of graduate students have taken advantage of free, one-on-one Research Center consultations to become more efficient and effective researchers. 99% of them say they would recommend a consultation to a friend or classmate. Take their advice and learn from the experts – research librarians – about the vast resources of the University Libraries and how to take advantage of personalized research assistance. This session is guaranteed to save you time and get you off to a great start on your papers and projects.
• **Health and Counseling Center**

*Supporting Success through Wellness*: Ernest Boyer, a noted educator, stated that “people can’t be academically successful if they are physically or mentally unwell.” Come hear from professionals from the Health and Counseling Center (HCC) and learn about the link between student wellbeing and academic success. We’ll share information about the on-campus resources available to help support you. We’ll provide an overview of the services available through the HCC as well as your options for covering the costs of your health care while attending DU.

• **Doctoral Research**

*Successful Scholarly Inquiry*: The goal of doctoral programs is to train students in the methods, tools, and techniques of scholarly inquiry in the chosen field. Typically, this involves conducting an ambitious research project and/or developing innovative creative works, and publishing articles and books about them. While the goal might be clear, the path to get there often is not. In this breakout session we will discuss some strategies for starting out on the right foot in your doctoral program. While every program has a different emphasis, we will try to discuss general approaches to completing coursework, finding a research advisor/mentor, balancing coursework and creative work, and focusing in on a suitable dissertation topic.