Graduate students: you are cordially invited to our sixth annual Graduate Professional Day at the University of Toronto’s Scarborough campus. This free event is co-sponsored by the Centre for Teaching and Learning and the Office of the Vice-Principal Academic and Dean. GPS credit will be available (3 – 5 sessions = 1 credit, 6 sessions = 2 credits); repeat credit is possible. To hold your place, register at https://ctl.utsc.utoronto.ca/booking/graduate/ by Tuesday, January 16, at 5 pm. If you have any questions, contact Sheryl Stevenson, Centre for Teaching and Learning: sheryl.stevenson@utoronto.ca.

In AA160

9:00 – 9:30 Sign in (coffee and light refreshments: sign-in proceeds during later breaks)

9:30 – 10:30 Effective Oral Presentations in the Age of TED
~Joanna Heathcote, Associate Professor–Teaching Stream, Management

10:45 – 11:45 Distress Tolerance and Well-Being
~Norman Farb, Assistant Professor, Psychology, UTM
~Respondent: Stephanie McCall, Clinical Social Worker, Scarborough Rouge Hospital

11:45 – 12:15 Break: A light lunch will be served, continuing during the next session

12:15 – 1:15 Why Doing the Right Thing is Hard, and How to Make it Easier
~Cendri Hutcherson, Assistant Professor, Psychology

1:30 – 2:30 Stressed Out? How to Improve Health and Increase Productivity: The Science of Work Breaks
~John Trougakos, Associate Professor, Management, UTSC/Rotman

In MW170

3:10 – 4:10 Overcoming Exercise Barriers for Mental Health
~Catherine Sabiston, Professor, Kinesiology and Physical Education / Canada Research Chair in Physical Activity and Mental Health

4:10 – 4:30 Break: light refreshments will be served

4:30 – 5:30 The Burnout Gamble: Achieve More by Beating Burnout and Building Resilience
~Hamza Khan, Managing Director, Student Life Network / UTSC Alumnus, Class of 2010

5:30 – 6:00 Book signing, concluding remarks, event evaluation and a drawing for prizes