Practical Professional Skills Series

A new, interactive series designed to promote dialogue around key issues affecting today’s professionals. The goal of this series is to provide graduate students and postdocs with a meaningful orientation on the following four topics: navigating complex organizations, giving and receiving constructive feedback, time and energy management, and strategic professional growth.

Time & Energy Management
"Achieving Peak Performance"

TUESDAY, MARCH 3, 2015 – 1:00-2:30PM
WANG CENTER - ROOM 301 – LUNCH WILL BE PROVIDED

Most graduate students and postdocs want to be their best - highly productive and efficient. When are you at your personal best? How do you stay positive, focused and productive in spite of what might seem to be overwhelming demands on your time? When are you “in the zone?” There is no one secret to everyone’s success; each of us has our own formula. This interactive workshop will help you assess your time perspective, energy peaks and valleys, and help you construct a new success scaffold for moving forward more productively.

SPEAKERS

Marianna Savoca
Director, Career Center
Stony Brook University
Director, producer, strategic thinker, planner, developer, coach, mentor, teacher, counselor, manager, evaluator, consultant, fundraiser, writer, presenter, relationship builder, student and scuba diver! Through active professional involvement and leadership roles spanning 20 years, Marianna is well known among peers in career development and experiential education. She holds degrees from Indiana University and SUNY Binghampton, and expects to complete her PhD dissertation this year.

Dr. Alfreda James
Assistant Director, Career Center
Stony Brook University
Dr. James specializes in counseling graduate students about career options. She advises undergraduates pursuing careers in public policy, government and science. Her professional experience includes an arrested landing and catapult launch on the USS Reagan, teaching a career exploration class, instruction on dining etiquette and monitoring student progress in internships. She holds a M.Ed degree in Higher Education and a PhD in American History.