

Women in Computer Science and Electrical Engineering, Julia Morgan Engineering Program and Graduate Women of Engineering



Present

# Peggy Pritchard

Editor of "*Success Strategies for Women in Science: A Portable Mentor*"

## Mental Toughness: Strategies for Enhancing Resilience

**Wednesday March 12, 2008, 4:30pm**  
**290 Hearst Mining Building**

Catered Reception and Book Signing\* to follow



Graduate school is one of the most mentally challenging experiences we will face. Interacting with advisors, taking prelims and quals or getting your latest paper rejected all take their toll on the graduate student psyche. More importantly, how you respond to these stressors can make or break your academic career. Ms. Pritchard will host an interactive seminar, using *i-clicker* technology, outlining her strategies for keeping your head in the game when facing your greatest mental challenges.

\**Success Strategies for Women in Science: A Portable Mentor* will be available for purchase at the reception.