

grad student essentials

SPRING WORKSHOPS

DU graduate students are invited to join one or all of these 4D Experience workshops designed to enhance your grad school experience and prepare you for your future career or enhance your skill set in your current profession! Learn from the pros with sessions hosted by DU Career and Professional Development, the University Writing Center, and the 4D Experience team.

**31
MAR**
5PM • ZOOM

Using LinkedIn and Networking to Build Professional Connections

When was the last time you networked intentionally? Networking is a critical part of building your professional network, and LinkedIn and Crimson Constellation are two powerful platforms that you can use to meet new people.

Reflections on Work and Life

In this introspective and collaborative session, we will explore and reflect on your personal views on the world and work. Through guided discussions and activities, you'll gain deeper insights into how beliefs and values shape your approach to work and life, fostering a more balanced and fulfilling academic journey.

**13
JAN**
12PM • ZOOM

**18
APR**
12PM • ZOOM

Pull the Plug on Writer's Block

This workshop will help students understand the importance of wellness in combatting writer's block. Through writing exercises and visualizations, students will gain the tools needed to keep the words and ideas flowing during labor-intensive research and writing projects.

Design Your Graduate Experience

Through the tools of Design Thinking, let's step back from the chaos of the new academic year (or new university) and reflect on what we'd like to accomplish during our time at DU and how we envision our futures in our respective fields.

**23
APR**
12PM • ZOOM

**28
APR**
5PM • ZOOM

Words Matter: Professional Writing in Emails, Resumes, and Cover Letters

Have you ever stared at your resume, a cover letter, or an email and not know what to write? Writing is a critical skill to communicate effectively and clearly in all your professional interactions, including emails, resumes, and cover letters.

4D Symposium

Designed to bring together the campus community—faculty, students, and staff—to learn more about the 4D Experience and share experiences, progress, and models around elevating this work. This event inspires our community to support holistic learning and development experiences for by integrating the four dimensions: Intellect, Character, Well-Being, and Purpose

**8-9
MAY**
ON CAMPUS

**14
+
15
MAY**
ZOOM • IN-PERSON

Build a Citation Toolkit: Strategies for APA, MLA, Turabian/Chicago, and Other Styles

Become an expert in the art of citations with ease and confidence through this engaging workshop! Learn practical strategies for a variety of citation styles and build a toolkit that will make citing sources a breeze.

How to Stand Out in the Job and Internship Search

There are many different strategies you can use before, during, and after applying to demonstrate why you're a great fit for a position! When there are many things that can make it challenging and competitive to stand out in the job market, it's critical to learn how to be seen and create a positive professional impression.

**19
MAY**
5PM • ZOOM

**28
+
29
MAY**
ZOOM • IN-PERSON

Plan for a Productive Summer of Writing Your Thesis / Dissertation

Is your thesis or dissertation writing stressing you out? Turn it into a productive and enjoyable adventure! With practical tips, this interactive session will help you stay motivated, beat procrastination, and make significant progress on your final project.

Check out the group
"4D Grad Connect"
on **Crimson Connect**
for additional sessions and
for great social events like
Grad Café & more!

ALL
QUARTER

**Register
Today!**



4D Experience
UNIVERSITY OF DENVER

Career & Professional
Development

University
Writing Center