PhD-related stress: an open discussion

How do we think about stress? What are its causes? How to deal with it?

What:
An occasion to openly and freely speak about the PhD and how it affects our wellbeing, together with career counselor Ornella Bucci

Who:
the event is open to PhD students

How:
on site (no hybrid modality)

Why:
Because mental health matters!

When:
Monday 25 October, from 5:30 to 6:30 pm

Where:
Palazzo Vernagalli
Via Domenico Vernagalli 22
Aula 1 ground floor