Mentoring Week 2019
April 1-5

Monday

**Mentoring Academy for Trainees**
10 am-1 pm
PhD and Postdoctoral training is a challenging time. A large piece of this is reinforcing the value of strong communication skills. The Academy will focus in providing trainees the tools needed to communicate their needs to their advisor, and find a constructive way forward during challenging times.

Registration **Required**
The Edge of Chaos  |  Refreshments and Lunch Served

**Mentoring Academy for Faculty**
10 am-1 pm
A responsibility of a mentor is to ensure trainees are successful. The Academy will focus in providing faculty members the tools needed to guide their trainees, detect the warning signs of stress, anxiety, and suicidal behaviors, and bring attention to the mental health of trainees.

Registration **Required**
The Edge of Chaos  |  Refreshments and Lunch Served

Tuesday

**Mentoring Week Keynote**
12 pm
*Building a Resilient Training Community*
Dr. Sharon Milgram, Director Office of Intramural Training & Education at National Institutes of Health, will discuss how prepare trainees for success by giving them more skills to withstand the rigors and intensity of research and healthcare careers.

The Edge of Chaos  |  Lunch will be Served

Wednesday

**Theater Delta: ‘Stress and Anxiety within the Academy’**
12 - 1:30 pm
Theater Delta uses Interactive Theater – scripted and improvisational audience participatory theater – to foster dialogue and implement solutions that result in palpable change in communities around the globe.

The Edge of Chaos  |  Lunch will be Served

Thursday

**Graduate Student Appreciation Lunch**
12 pm
Join the Graduate Biomedical Student Organization and the Graduate Student Government as they celebrate and appreciate UAB Graduate students, all while raising funds for a worthy local charity.

Friday

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