Counseling and Psychological Services is pleased to offer WellTrack, a self-guided, interactive, online therapy program. WellTrack is free and confidential to Ohio University students.

With WellTrack, you will be able to:

- Monitor your moods,
- Learn more about how to manage anxiety and stress,
- Improve depressive thoughts and behaviors,
- Relax in our zen room and more.

To access WellTrack – Go to athens.welltrack.com and register for an account with your @ohio.edu email address
OR
Download the WellTrack app and register for an account with your @ohio.edu email address for full access.

For questions or concerns, please contact Counseling and Psychological Services at 740.593.1616 or click here.

UPCOMING WORKSHOPS

Write Now! A Dedicated Space for Writing
Mondays, 2 – 4 P.M.
Alden Library 255
For more information, click here.

The Graduate Research Series:
How Do Biologists Predict How Species Will Respond to Global Climate Change?
Wednesday, November 14, 1 – 2:30 P.M.
Friends of the Libraries Room (Alden Library 319)
For more information or to register, click here.

Student Enhancement Awards Workshop (repeat)
Thursday, November 15, 5 – 6 P.M.
Alden Library 301U
For more information or to register, click here.

AAUW: Start Smart
Monday, December 3, 5:30-7:30 P.M.
Baker University Center 235
To RSVP, click here.

Long Night Against Procrastination
Monday, December 3, 6 – 10 P.M.
Alden Library 2nd floor
For more information, click here.

International Education Week – Celebrated November 11 – 18, 2018
Click here for more information.
UPCOMING DEADLINES

Student Enhancement Awards (SEA)
Submission Deadline: Thursday, January 17, 2019 – 4 P.M.

Thesis and Dissertation (TAD)

Dissertation Deadlines
• Dissertation Final Clearance
  Deadline: TAD Process Complete
  Friday, November 16, 2019 – 3 P.M.

Thesis Deadlines
• Thesis Oral Defense
  Friday, November 16, 2018
• Thesis Post-Defense Format Review
  Tuesday, November 20, 2018 – 3 P.M.
• Thesis Final Clearance Deadline:
  TAD Process Complete
  Friday, December 7, 2018 – 3 P.M.

Early for Spring
• Oral Defense
  Friday, December 21, 2018
• Post-Defense Format Review
  Friday, January 4, 2019 – 12 noon
• Final Clearance Deadline:
  TAD Process Complete
  Friday, January 11, 2019 – 12 noon

Graduate Student Senate – Upcoming Meetings
• Tuesday, November 13, 2018
• Tuesday, November 27, 2018
• Tuesday, December 4, 2018

For more information, click here.
Office: 305B Baker University Center, Ohio University | Telephone: 740-593-1899 | gss@ohio.edu

CROSSING BORDERS:
THE MANY LIVES OF HENRY BOX BROWN

Speaker: Martha J. Cutter
Professor of English and Africana Studies at the University of Connecticut, Dr. Cutter has published widely on African American and Asian American writers.
AWARD/FELLOWSHIP/SHOLARSHIP OPPORTUNITIES

The 2019-2020 Graduate College Named Fellowships
The Ohio University Graduate College funds five fellowships each year. The fellowships are awarded through a competitive nomination process. Each award provides a fellowships of $15,000, plus a full tuition for fall and spring semesters. Nomination deadline is Friday, February 8, 2019 at 5 P.M. To be nominated, talk with your graduate program chair/coordinator/director. For more information, click here.

The Ohio Soybean Council Foundation is pleased to offer three (3) scholarships up to $5,000 each to graduate students for the 2019-2020 academic year. Scholarships are available to graduate students pursuing studies related to the soybean industry and the field of agriculture. The deadline is Friday, January 11, 2019. For more information, click here.

The Midwestern Association of Graduate Schools (MAGS) 2019 Excellence in Teaching Awards
The Ohio University Graduate College is soliciting nominations for the Midwestern Association of Graduate Schools (MAGS) 2019 Excellence in Teaching Awards competition. The MAGS awards recognize the importance of excellence in teaching and mentoring as a component of graduate education and the preparation of graduate students for future service as college and university faculty. One award will be given to a doctoral student and one award to a master’s student. Nomination deadline is Monday, January 7, 2019 at 5 P.M. To be nominated, talk with your graduate program chair/coordinator/director. For more information, click here.

Ohio University Fall Commencement – Saturday, December 15, 2018
Important Upcoming Dates

- Thanksgiving Break – Classes not in session November 21, 2018 – November 23, 2018
- Fall semester classes resume November 26, 2018
- Last day of classes for fall semester December 8, 2018
- Fall Commencement – December 15, 2018
- Ohio University Winter Break Closure – All offices are closed December 25, 2018 – January 1, 2019
- University offices re-open January 2, 2019
- International Student Orientation for spring semester January 7, 2019
- Spring semester begins January 14, 2019

Current Master’s Student Announces Community Dinner

Hello, fellow Bobcats! I am Hilary Fitch and I am currently putting together a free recovery-centered holiday dinner in Jackson, Ohio in support of individuals and their families and friends who have been impacted by drug and alcohol addiction. I am currently seeking donations and assistance in spreading the word. The event will be held Friday, December 21 at the Memorial Building, located at Broadway St. in Jackson, OH. We will provide a traditional holiday meal and will be begin serving at 6 P.M. Thank you all for your generosity and support.

For more information or to donate, click either link below:
https://www.signupgenius.com/go/70a0f4dadad2aa7fb6-staying
https://www.gofundme.com/staying-sober-for-the-holidays