Join the 2018–2019 TA WELL-BEING PROGRAM

Connect with a network of TAs and learn about well-being for yourself and your students

By joining the TA Well-Being Program you will:

Receive bi-weekly emails that provide well-being tips and resources for you and your students

Learn tools for creating conditions for well-being within labs and classrooms

Attend an initial one-hour workshop to meet other TA’s and learn about resources available to support your own well-being and professional development

Be invited to an online community to stay connected and share your experiences with one another