

# QUESTIONING CAREER: DESIGNING THE LIFE YOU WANT



**CAPS4GAPS**

Counseling and Psychological Services for  
Graduate and Professional School Students

For Graduate Students,  
Professional Students,  
and Postdoctoral Scholars

Spring 2022 via Zoom  
April 12 - May 3 (4 Weeks)  
Tuesdays, 4:00pm - 5:00pm



Nava Sedaghat, PsyD



Tyler Hatchel, PhD

**Register  
here**

<https://tinyurl.com/questioningcareerucsd>

## HOW CAN I CREATE THE LIFE I WANT WITH A MEANINGFUL CAREER?

Over 700 past participants have felt empowered to:

- Pursue careers that correspond with life priorities and personal values
- Identify transferable skills developed through academic experiences
- Take control of their career decision making process

These workshops are not professional counseling.

If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534 - 3755 to arrange an appointment