Catherine Hartmann was first exposed to Buddhism in a church Bible study group. “We were reading a book about other world religions and why they were wrong,” Hartmann says. According to the PhD candidate in the study of religion, the lessons from the book completely backfired. “I was very intrigued by the Buddhist beliefs about impermanence,” Hartmann explains. “I found it so compelling and fascinating, and it awoke in me the desire to learn more.”

This desire would take Hartmann to India, the birthplace of Buddhism, and down an academic path that would eventually lead her to Harvard and the Committee on the Study of Religion, where she studies the phenomenon of pilgrimage in Tibetan Buddhism.

Seeing Is Believing
"One of the fundamental insights of Buddhism is that all suffering is the result of misperceiving how reality works,” explains Hartmann. She picks up a coffee cup to illustrate this idea. “I see this coffee and I want it to be permanent and hot. And when it’s gone and cold, I feel suffering. But it was never the case that the coffee was always going to be there and hot. Buddhism states that suffering occurs when we’re not seeing reality as it is.”

Many of the practices of Buddhism push practitioners to see reality accurately. Meditation is probably the most famous of these practices, according to Hartmann, historically most Buddhists...
It's not always easy to take care of yourself in the dark and cold months of winter. I get it, hot chocolate and onesie pajamas sometimes seem like the only course of action. But don't forget, student health and wellness matters, especially in the times when it can be hard to make that a priority. Need a little inspiration? Here are five tips about Harvard resources that support graduate students' health and wellness.

1. Take a Paws (Drop-in Therapy Dog Group)
Animals have been proven to help decrease stress and improve quality of life. Take a Paws is a drop-in group open to graduate students wanting to engage in animal-assisted therapy with Tulip and Tom, certified therapy dogs. Students can e-mail ahead of time or just stop by to hang out with Tulip and Tom. Take a Paws takes place on Thursdays (12:00 p.m.-1:00 p.m. and 5:00 p.m.-6:00 p.m.) in room 4308 on the 4th Floor of Harvard University Health Services. huhs.harvard.edu/services/counseling-and-mental-health/group-counseling-workshops

2. Check Out the David S. Rosenthal Center for Wellness and Health Promotion
Located on the 7th floor of 114 Mount Auburn Street, the center offers a wide range of workshops, services, and classes for Harvard community members. You can schedule a massage or acupuncture appointment, or try an exercise, meditation, or yoga class online to help ease the strain of the cold winter. wellness.huhs.harvard.edu

3. Hit the Gym
Use your free gym membership to warm up and get your blood flowing. GSAS students can take advantage of Hemenway Gym, Malkin Athletic Center (MAC), and Vanderbilt Hall Athletic Facility (which has a bouldering room!), among other facilities. You can even do the backstroke in the MAC or Bloggett pools and pretend it's summer.
recreation.gocrimson.com/recreation/hours

4. Meditate
Harvard has a number of amazing meditation resources for GSAS students. Did you know you can call a number 24-hours a day to hear a pre-recorded self-guided meditation? To check it out, dial 617-384-2256. The Wellness Center even has a relaxation room on their website, which provides visual/audio self-guided mediations (wellness.huhs.harvard.edu/relaxation-room).

You can also drop in to a meditation class or a lunch-hour meditation; check out the schedule at wellness.huhs.harvard.edu/mindfulness-and-meditation.

5. Get Social
Even though hibernating and bringing Netflix all alone might seem like an ideal winter activity, it's important to still get together with peers and find time to socialize.

Join a GSAS Club (gsas.harvard.edu/student-life/harvard-resources/student-groups) or participate in a Dudley House activity (dudley.harvard.edu). If you are in Cambridge, grab a bite with friends at the Dudley Cafe or chat over a latte in Café Gato Rojo.

Let's face it, winter is hard. And although it's tempting to hole up until the days become longer, the snow melts, and the thermostat is in higher digits, don’t forget to take care of your wellness.

If you are looking for other ideas to take care of yourself, feel free to stop by the Office of Student Services in Dudley House B-2 (gsas.harvard.edu/student-life/harvard-resources/gsas-student-services) for a cup of tea, a piece of candy, adult coloring books, and a chat.

Winter Wellness
By Jackie Yun, Room B-2 in Dudley House — Come Visit!

It's not always easy to take care of yourself in the dark and cold months of winter. I get it, hot chocolate and onesie pajamas sometimes seem like the only course of action. But don't forget, student health and wellness matters, especially in the times when it can be hard to make that a priority. Need a little inspiration? Here are five tips about Harvard resources that support graduate students’ health and wellness.

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Winter Wellness
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have not meditated. “It was seen as a very elite practice for a very small number of monks,” she explains. The majority of Buddhists were involved in other practices such as generosity, image devotion, and pilgrimage.

In Islam, a pilgrimage to Mecca is considered mandatory for all Muslims who are financially and physically capable. In Buddhism, there is no equivalent to Mecca, but rather many different pilgrimage sites. “There is no centralized authority in Buddhism,” Hartmann says. “There is not a pope of Buddhism or one requisite pilgrimage.” Instead, as Buddhism spread from India, the pilgrimage sites mentioned in early Buddhist texts got recreated in these new places. “This re-mapping of pilgrimage locations allows you to see the place you are living as part of the Buddhist landscape,” says Hartmann.

One such location is Mount Kailash. Hartmann explains that in Buddhism cosmology there’s a triangle-shaped continent that we all live on. “Towards the top of this continent is a big mountain that’s the center of the Earth, which in Indian Buddhist scriptural texts is known as the Kailash range, located in the Tibet Autonomous Region of China. It is also near the watershed of many major rivers in Asia, such as the Indus and the Ganges. When Tibetans were looking for Kailash, Mount Tise seemed like the obvious choice. “Of course, a debate immediately breaks out over whether this mountain is or is not the exact mountain that is discussed in Buddhist literature,” says Hartmann.

The Tibetan scholar Sakya Pandita (1182–1251) was one of the naysayers. “He says, ‘I went there. I didn’t see elephants. I didn’t see rose apple trees. This is the wrong mountain and pilgrimage here is a waste of time.’” Hartmann describes. The scholars opposing Sakya Pandita accused him of having deluded vision. “This debate gets into the actual questions of my dissertation, which is what you are supposed to see when you look at a holy place and how you can learn to see it correctly,” explains Hartmann.

To explore these questions, Hartmann studies pilgrimage guides from the 13th to 17th century. “Just as when I go to a different country and bring a Lonely Planet guide, there are pilgrimage guides that tell you about the site you’re visiting,” Hartmann explains. “They will point out the handprint left by a famous master, a cave where a hero defeated an evil magician, or a mountain that is actually a sacred palace.”

“This pilgrimage texts know full well that you’re mostly seeing rocks,” Hartmann says. “They have their own theorization as to why most people don’t see a sacred palace.” Someone with perfected vision like the Buddha or an advanced practitioner, they claim, would have looked at these same rocks and seen a palace. For Hartmann, one of the most interesting aspects of her work is exploring what the pilgrims felt when they struggled to see a palace and how the guidebooks could help them see it. “It’s like a Magic Eye book. If you turn it sideways or squint, you can almost see it for a moment,” she describes.

“Vision is a strange thing,” says Hartmann. “We think of it as just a physiological process, but how we see the world is influenced by our ideas, our backgrounds, even texts like these pilgrimage guides.” According to Hartmann, the language in the pilgrimage guides paints this beautiful picture of the thing you’re seeing and helps pilgrims almost capture the sacred palace they long to see. “I see pilgrimage as a lab for trying to change vision and guides can facilitate this transformative process.”
EVENTS AROUND CAMPUS
Lectures and Exhibits of Note

Harvard Museum of Natural History

Microbial Life: A Universe at the Edge of Sight
Opens February 17, 2018, at Harvard Museum of Natural History
Everything from our food to the air we breathe to the forest ecosystem is based on the activity of microbes. *Microbial Life: A Universe at the Edge of Sight* is a unique exhibition, providing a multisensory opportunity to experience the wonders of microbial activity and the surprisingly stunning beauty of bacterial forms. From a full-scale model kitchen to captivating models from Harvard Medical School, visitors can delve into the fascinating, invisible realm of microbes, Earth’s first inhabitants.

Exhibition opening lecture
Thursday, February 15, 2018, at 6:00 p.m., Geological Lecture Hall, 24 Oxford Street, Cambridge
Robert Kolter, Professor Emeritus, Department of Microbiology and Immunobiology, Harvard Medical School; Director, Microbial Sciences Initiative, Harvard University

Although largely invisible, microbes are ubiquitous and have a profound influence on daily life. Using the familiar environment of our homes as a basis for his talk, Kolter will guide the audience through a virtual tour of the remarkable microbial universe, from “invisible chefs” instrumental in preparing many of our favorite foods to microbes that inhabit our bodies and help keep us healthy. In considering the role microbes play in shaping both human life and the natural history of the planet, this lecture will introduce the new *Microbial Life* exhibition.

Part of the Evolution Matters Lecture Series. Free and open to the public with free event parking at the 52 Oxford Street Garage. Presented in collaboration with the Microbial Sciences Initiative.

As the Seas Rise, Can We Restore Our Coastal Habitats?
Tuesday, February 27, 2018, 6:00 p.m., Geological Lecture Hall, 24 Oxford Street
Steven Handel, Distinguished Professor of Ecology and Evolution, Rutgers University; Visiting Professor in Landscape Architecture, Graduate School of Design, Harvard University

As sea levels rise, the potential loss of coastal habitats is a threat across the globe. This is of special concern in the eastern United States, where coastlines are largely developed and there are few open spaces available for habitats to move inland if present natural lands are lost. Considering the current conditions of coastlines, as well as future development scenarios, Handel will discuss strategies to help maintain our coastal character and the ecological services of coastal habitats that are critical to the social, cultural, and environmental well-being of our region.

Free and open to the public, with free parking at the 52 Oxford Street Garage. Presented in collaboration with the Association to Preserve Cape Cod.

Radcliffe Institute

Who Would Choose to be LGBT and Nigerian?
Wednesday, February 7, 2018, 4:00 p.m., Lecture and Performance, Knafel Center, 10 Garden Street, Cambridge
Ifeoma Fafunwa is the 2017-2018 Mary I. Bunting Institute Fellow at the Radcliffe Institute and the founder and creative director of iOpenEye, a Nigerian production company driving social change through performance art. Fafunwa will share insights into her new project, which explores and seeks solutions to the extremely homophobic environment that is Nigeria today.

Register online at radcliffe.harvard.edu/event/2018-ifoma-fafunwa-fellow-presentation

History, Identity, Politics, and the Art of Writing
Thursday, February 8, 2018, 4:15 p.m., Knafel Center, 10 Garden Street, Cambridge
Viet Thanh Nguyen is the Pulitzer Prize–winning author of *The Sympathizer* and *The Refugees,* and the Aerol Arnold Chair of English and professor of English and American studies and ethnicity and comparative literature at the University of Southern California. In this lecture, Nguyen will offer solutions for writers concerned with history, identity, and politics.

Register online at radcliffe.harvard.edu/event/2018-viet-thanh-nguyen-lecture

The Rational Imaginary and American Poetry
Thursday, February 15, 2018, 4:15 p.m., Knafel Center, 10 Garden Street, Cambridge

Poet Claudia Rankine reads from her award-winning book, *Citizen: An American Lyric* and discusses how racial imaginaries assert themselves in the history of American poetry. Rankine is the author of five collections of poetry, two plays, and numerous video collaborations and is the editor of several anthologies including *The Rational Imaginary: Writers on Race in the Life of the Mind.* She is a chancellor of the Academy of American Poets and teaches at Yale University as the Frederick Iseman Professor of Poetry.

Register online at radcliffe.harvard.edu/event/2018-claudia-rankine-lecture

Semitic Museum

New Discoveries at Wadi al-Jarf
Monday, February 12, 6:00 p.m., Geological Lecture Hall, 24 Oxford Street
Gregory Marouard, Research Associate in Egyptian Archaeology, Oriental Institute, University of Chicago

Located along the Egyptian coast of the Red Sea, Wadi al-Jarf is considered the oldest known harbor in the world. This exceptional 4,600-year-old site dates to the beginning of the Fourth Dynasty, the “golden age” of ancient Egypt. Gregory Marouard will discuss recent archaeological excavations at Wadi al-Jarf, including the discovery of hundreds of papyrus fragments that provide important details about the construction of the Great Pyramid at Giza and insights into the complex organization and well-structured logistics of royal Egyptian projects.

Free and open to the public with free event parking at 52 Oxford Street Garage.

Opens February 17, 2018, at Harvard Museum of Natural History

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Don’t Miss!

OUR DUDLEY HOUSE PICKS OF THE MONTH. FOR MORE EVENTS, OUTINGS, AND GATHERINGS, GO TO DUDLEY.HARVARD.EDU/CALENDAR.

Dudley House Super Bowl Party
Sunday, February 4, 2018, 6:00 p.m., 6:30 p.m. Kickoff, Graduate Student Lounge, 2nd floor, Dudley House. Will Tom Brady or Nick Foles further pad their Hall of Fame resumes? Or will some long tortured teams find a way to overcome and win their first Super Bowl? No matter what happens, we’ll watch and find out which city will be gaining bandwagon fans for the next year! Even if you don’t like football, come enjoy some of Boston’s finest hot wings, pizza, and drinks while you watch the most expensive and well-produced commercials of the year! There’s always a halftime show too!◆ Open to Dudley members and their guests.

Winter Olympic Opening Ceremony Party
Friday, February 9, 2018, 7:00 p.m., Graduate Student Lounge, 2nd floor, Dudley House. Let’s kick off the 2018 PyeongChang Winter Olympics in style with an opening ceremony viewing party! Come for the trivia and Korean snacks and drinks as we get into the Olympic spirit.

Lunar New Year Celebration
Thursday, February 15, 2018, 7:00 p.m., Dudley House Common Room. Come celebrate Lunar New Year (it’s the year of the Dog!) with riddles, arts and crafts, music, and lots of delicious food!

Senior Common Room Dinner
Volcanoes, Famines, and Fractal Inequality: Calculating Climate Impact in the Past
Professor Fabian Drixler, PhD ’08, Professor of History at Yale University
Monday, February 5, 2018
5:30 p.m. reception in the Graduate Student Lounge
6:00 p.m. dinner and talk in the Common Room, Dudley House.

The atmosphere carries climate change around the globe. However, not all the regions are affected equally by temperature change, sea level rise, or droughts. Nor do all societies respond to change the same way. Historian Fabian Drixler’s recent work discusses the way volcanic winters created different patterns of famines, mortality, and protest. Comparing examples of the early modern world, he explores statistic and scientific methods to explain why certain societies were struck harder than others when crops failed.◆ Open to Dudley House members. Free tickets available in main office on the third floor of Dudley House; Longwood-based students can reserve their ticket by calling 617-495-2255.

Dudley House Your Graduate Student Center since 1991
Lehman Hall, Harvard Yard + www.dudley.harvard.edu + 617-495-2255
Faculty Deans James M. Hogle and Doreen M. Hogle + House Administrator Susan Zawalich
Workshops and Discussions at the BSC

Harvard Course in Reading and Study Strategies
Monday, February 5 through Friday, February 9, 2018, 4:30 p.m. to 6:00 p.m.
This non-credit mini course helps you read more purposefully and strategically, with greater speed and comprehension.
Advance registration required. Cost: $25 GSAS degree candidates; $150 others.
Visit bsc.harvard.edu/readingcourse for more information and registration.

Keeping Ourselves Accountable
Weekly meetings, Wednesdays, 3:00 p.m. to 5:00 p.m.
Bring in your academic work and join fellow students and a BSC counselor as we share and explore our common experiences and challenges with staying focused and getting our work done. We will discuss strategies for staying on target as we spend time each session working independently in this supportive, group setting. To register, e-mail Aurora Sanfeliz at asanfeliz@bsc.harvard.edu.

What Are You Doing with Your Life?
Weekly meetings on Fridays, beginning early February, time TBD based on participants’ availability.
Join others in exploring questions of meaning, purpose, engagement, and motivation while reflecting on influences that have shaped our values, goals, and aspirations. Call 617-495-2581 to schedule a 30-minute pre-group consultation.

Reading Strategies
Friday, February 2, 2018, 2:30 p.m. to 4:00 p.m.
Learn to read strategically, effectively, and efficiently. A mini-version of the Harvard Course in Reading and Study Strategies. Register online at bsc.harvard.edu.

Post-Concussion Strategies and Coping Workshop
Friday, February 2, 2018, 1:00 p.m. to 2:00 p.m.
For students who experience academic, social, or other aftereffects of a concussion. No registration required.

Study Skills for the Bilingual Mind
Monday, February 5, 2018, 12:30 p.m. to 2:00 p.m.
Explore cognitive processes of bilingualism and strategies for reading, writing, and public speaking/presentation in academic settings. Includes an introduction to techniques and approaches to enhance the learning experience for bilingual students at Harvard. To register, e-mail Aurora Sanfeliz at asanfeliz@bsc.harvard.edu.

Attending to Attention: Strategies for Focus and Concentration
Wednesday, February 7, 2018, 1:00 p.m. to 2:30 p.m.
Develop strategies to manage difficulties with attention. To register, e-mail Aurora Sanfeliz at asanfeliz@bsc.harvard.edu.

Dissertation Writers’ Support Group
Six weekly meetings beginning Thursday, February 15, 2018, 3:00 p.m. to 4:30 p.m.
For doctoral students seeking support to make headway with dissertation tasks. After five sessions, group members may elect to continue as a peer dissertation writers’ support group. Call 617-495-2581 to schedule a 30-minute pre-group consultation.

Difficult Conversations
Friday, February 16, 2018, 1:00 p.m. to 2:30 p.m.
Explore the common challenges to effective notemaking. Build and develop strategies for active notemaking for lectures, reading, and preparing for exams. Register online at bsc.harvard.edu.

Notemaking
Friday, February 23, 2018, 12:00 p.m. to 1:00 p.m.
Trying to figure out the most appropriate language, time, and place to have a delicate, challenging, important, and potentially anxiety-laden conversation? This workshop can help. Register at bsc.harvard.edu.

Commitment and Overcommitment
Monday, February 26, 2018, 4:00 p.m. to 5:30 p.m.
What drives us to overcommit? Consider where we devote our energy, time, and attention and how we make choices about what to prioritize in our lives. Register at bsc.harvard.edu.

Each year, HIVE (Harvard GSE Innovation & Ventures in Education) hosts the HIVE Pitch Competition, inviting teams of students from across Harvard University to present innovative solutions to current problems in education. This event serves as the keystone in an arc of annual HIVE programming intended to generate new ideas, new collaborations, and new ventures.

Through generous support from HILT, we’re able to offer $10,000 in prizes to the competition winners, to help fuel next steps in their entrepreneurial journeys.

PROFESSIONAL DEVELOPMENT
Develop the Skills to Succeed
Career Jump Start: For Biomedical Scientists
Monday, February 5, 2018, 3:30 p.m.-6:00 p.m., Tosteson Medical Education Center (TMEC) 446, 260 Longwood Avenue, Boston
What are your career plans post-Harvard? What are your options? How can you even get started? Jump-start your career and take on these big career questions! In this workshop, you will engage in interactive career self-assessment exercises to better understand your skills, interests, and values in the context of an effective job search. Stay for an optional 30-minute open discussion (from 5:30 p.m. to 6:00 p.m.) about specific careers of interest to PhDs in the biomedical sciences. This workshop requires pre-work that will be sent to you once you have registered. Please register through Career Jump Start at harvard-csm.symplicity.com/students. This event is only open to Harvard GSAS students and alumni.

Job Search for International Students in the US
Tuesday, February 6, 2018, 3:30 p.m.-5:00 p.m., OCS Conference Room, 54 Dunster Street, Cambridge
Learn how to invest your time and give yourself the best chance of finding a US job with visa sponsorship. Come hear from Dan Beaudry, author of Power Ties: The International Student’s Guide to Finding a Job in the United States, and learn tips for how to overcome shyness, strategies for navigating the US job market, and how to maximize your chances of landing a job in the US. Please register through Crimson Careers at harvard-csm.symplicity.com/students. This event is only open to Harvard FAS students and alumni.

LinkedIn Lab: Maximizing Linkedin for Networking and the Job Search
Tuesday, February 20, 2018, 4:00 p.m.-5:30 p.m., OCS Reading Room, 54 Dunster Street, Cambridge
LinkedIn has become an incredibly powerful tool for building and maintaining your professional network. Join us for this hands-on, interactive workshop where you will be guided step-by-step through the process of enhancing your profile and networking for job leads. We will discuss changing your headline, adding skills, enhancing your summary, and adding links and documents to show examples of your work. Additional topics will include: ways to reach out to alumni and other professionals, asking for in-person networking meetings (often called informational interviews) and how to join and benefit from participating in groups.

Career Jump Start: For Humanists and Social Scientists
Monday, February 12, 2018, 3:00 p.m.-5:30 p.m., Dudley House Common Room, Dudley House/Lehman Hall, 8 Harvard Yard, Cambridge
What are your career plans post-Harvard? What are your options? How can you even get started? Jump-start your career and take on these big career questions! In this workshop, you will engage in interactive career self-assessment exercises to better understand your skills, interests, and values in the context of an effective job search. Stay for an optional 30-minute open discussion (from 5:00 p.m. to 5:30 p.m.) about specific careers of interest to PhDs in the humanities and social sciences. This workshop requires pre-work which will be sent to you once you have registered. Please register through Career Jump Start at harvard-csm.symplicity.com/students. This event is only open to Harvard GSAS students and alumni.

Explore Careers in the Life Sciences
Thursday, February 22, 2018, 4:00 p.m.-5:00 p.m., OCS Reading Room, 54 Dunster Street, Cambridge
There are many diverse pathways for students with a life sciences background. Come hear from experts who have distinctive careers within a number of scientific disciplines. You’ll learn how scientists are applying their technical knowledge and expertise to tackle real-world challenges, and hear about where future opportunities may exist. Please register through Crimson Careers at harvard-csm.symplicity.com/students. This event is only open to Harvard FAS students and alumni.

Life Sciences & Healthcare Career Expo
Monday, February 26, 2018, 3:00 p.m.-5:30 p.m., Massachusetts College of Art and Design, 621 Huntington Avenue, Boston
The 2018 Harvard Life Sciences & Healthcare Career Expo is a great opportunity to meet and network with organizations and companies with full-time and internship opportunities for undergraduate and graduate students, as well as postdocs, in R&D, bioinformatics, business development, medical devices, health tech, scientific publishing, sales and marketing, and more. Learn more at ocs.fas.harvard.edu/LSHC-expo. This event is open to all Harvard students and alumni and Harvard postdocs.

CONTACT
Office of Career Services
54 Dunster Street
Phone: 617-495-2595
csms.fas.harvard.edu/gsas-advising

Laura Stark, Director of Career Advising and Programming for Master’s and PhD Students
lstark@fas.harvard.edu

Heather Law, Assistant Director, Graduate Student and PhD Advising
hlaw@fas.harvard.edu
The Norton Professors in 2018 are filmmakers Agnès Varda, Wim Wenders, and Frederick Wiseman. All lectures take place at 4:00 p.m. in Sanders Theatre, 45 Quincy Street, Cambridge.

**Frederick Wiseman**

“**The Search for Story, Structure, and Meaning in Documentary Film: Part II**”
Monday, February 5, 2018

**Agnès Varda**

“**The 7th Art and Me**” and “**Crossing the Borders**”
Monday, February 26 and Tuesday, February 27, 2018

**Wim Wenders**

“**Poetry in Motion**” and “**The Visible and the Invisible**”
Monday, April 2 and Monday, April 9, 2018

Events are free, but tickets are required, available starting at noon on the day of each lecture, in person at Sanders Theatre, or online at [www.boxoffice.harvard.edu](http://www.boxoffice.harvard.edu) (handling fees apply). Limit of two tickets per person, valid until 3:45 p.m.