Pls and students need to work together to build a culture that balances these three aspects.

Imbalance impedes success.
How we can bridge the gap:

Academics
- “How-to” Seminars
- Department of Physiology Trainee Seminar Series

Career
- Social events connect new and senior students, postdocs, and PIs
- Connect students with online resources that can prepare them for their future

Well-Being
- Intramural leagues
- Social events allow students and PIs to destress
- Inform students of University-related health resources

Notable Benefits:
1. Empowers graduate students
2. Removes barriers across different research institutions
3. Improve PI-student relations

Overall, this culture provides the foundation for a more cohesive network within the Department of Physiology.