Grad School 101: Controlling the Controllables

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What you can expect from this session:

- Graduate School Overview
- 6 main tips for graduate school:
  - Time Management
  - Ask for help (if & when needed)
  - Build your own safety-net (community)
  - Present yourself in the best light
  - Determine and plan your career/long term goals
  - Practice self-care
Graduate School Overview

- Difference between graduate and undergraduate school
  - More reading
  - Less accountability for your time
  - More work outside the classroom than in it
  - Re-learning how to think
  - Learning the breadth of your field of study and who came before you
In graduate school, you need to manage time in terms of your coursework/research, and also as a TA/RA/ duties.

In terms of your coursework:
- Read with a purpose, understand and analyze the readings.
- Make notes, think about why you are reading the article and how it fits into your course.
- Focus on grades, but build a relationship with your reading too. For example: What topics/papers do you like reading? Can it be a future research topic?
Here are a few tips to succeed in managing your coursework:

- Limit distractions by turning off your cellphone and/or internet connection.
- Make yourself accountable by sharing your goals with friends, family or advisor.
- Try to overcome procrastination, don’t leave any assignment till the end. For example, break down a big assignment into smaller parts.
- Do not work more than 20 hours on your TA/RA assignments.
- Divide your work list into weekly and daily goals.
- Try to allocate time for all your courses including GA work.
- Finally, everyone has a different approach towards time management. So, figure out when you are most productive and when you are not. Accordingly, make your own work/to-do list.
Ask for help

- Graduate school is a learning process, you are not expected to know everything. So ask for help when needed.
- Within the department, few people to ask for help are:
  - Your cohorts and seniors
  - Your Advisor, Graduate Coordinator and other faculty members
- Outside the department, you can access university resources like the Library, Writing Commons, Office of Global Education, Center for Teaching and Learning
Build your own community

- In graduate school, your cohorts might become your closest friends. So, try to know them.
- Reach out to students who are senior to you. They can advice you on how to progress in your program, sometimes even even share textbooks or notes.
- Try to participate in department and university student organizations like GSO, GSS and GPAD. This will help you build networks outside the department, and is useful for your curriculum vitae (C.V.) too.
Make time to attend conferences, carry business cards and network with people who share your interests.

Finally, have friends outside the department too.
- Have a hobby, carve out your own free time.
- Keep your family up-to-date, they can be your safety net.

- October 6th **Graduates on Ice** Weekend 1-3 pm, free if you have not yet gone ice skating this year or $3 flat rate if you have

**GO TO THIS SESSION FOR MORE INFORMATION**
- Conferences and Publications
- 317 (Anuj and Danielle), 2:10-2:55 & 3:05 – 3:50
Show Your Best Self

- Read before class
- Don’t come to class late
- Wear nice/professional clothes to class
- Always be prepared
- Watch what you post on social media
- Talk to your advisors/professors often
Conferences
- Wear business/business casual clothes to conferences
- Have professional behavior
- Take business cards with you

Emails
- Be professional (Hello Dr. SoandSo)
Figure what your goals are with your degree

- Do you want to go on and get a PhD
- Phd
  - Do you want to stay in academia?
  - Do you want to do research?
- Masters
  - Do you need to do internships?
  - Do you need to get a license to teach?
An important part of your goal is managing your own finances.

A few tips are:

- Save money on bills – ask friends what they do
- Student discounts
  Ask places if they have student discounts
- Coupons/Farmers Market for food
  Attend farmers market (Downtown Kent)

ATTEND THIS SESSION FOR MORE INFORMATION

- Managing finances on A Grad School Income
- 315 (Joe and Morgan), 3:05 – 3:55
Apply for university resources like:

- DTA
  - Fall 2018 DEADLINE September 3
  - Spring 2019 DEADLINE January 28th
  - Summer 2019 DEADLINE June 3
- ITA
  - Spring/Summer DEADLINE October 15
  - Summer/Fall DEADLINE March 4
- Research Award
  - Fall DEADLINE October 15
  - Spring DEADLINE March 4
- Attend Graduate Research Symposium (April 4\textsuperscript{th} and 5\textsuperscript{th})
  - largest annual research event on campus
  - features oral and poster presentations by graduate students

- General Senate Meetings – Please Come, there is FREE FOOD

- Handshake (campus job website)
Self-Care in Graduate School

- Celebrate little victories: Acknowledge what you have accomplished
- Take time to be by yourself and recharge your batteries
  How do you de-stress?
- Remind yourself how far you’ve come
  You have a bachelors degree
  You have a master’s degree
- Practice meditation
  - Deep breathing
  - Yoga

- Go to the Doctor
  - Get a yearly check up
  - Go when you’re sick

- Do a relaxation activity at least once a day
Get 7-8 hours of sleep
- This helps re-charge your brain

Laugh a lot
- They say laughter is the best medicine

Spend time with loved ones
- Friends or Family
- Join an on-campus organization to make new friends

• GO TO THIS SESSION ON SELF CARE
  • 310AB (Nahla and Shakhnoza) 2:10-2:55
  • Avoiding Burnout
QUESTIONS?

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