Why Graduate School?
Today we will explore: shorter title

• Two traps to avoid
• Good habits for
  – Reading
  – Key relationships
  – Research
• Networking
• Planning for your future
• Avoiding burnout
Two Traps to Avoid

• Two common responses to feeling overwhelmed
  – Frantic workaholism
  – Immobilization
• Solution: start small, think big, have a plan
Good habits begin now: **capitalization**

- Think: “This is a job”
- “Just because you’re going back to school, doesn’t mean that graduate school will closely resemble college. In fact, graduate school relies far more on self-structuring and self-motivation and the most successful graduate students are most often those who are the drivers of their experience.” –PhDs.org
Getting the most out of what you read: shorter title

• Be organized
  – Keep electronic files
  – Keep paper files

• Be efficient
  – Read any book in 2 hours!

• Take notes
  – Answer specific questions
Advisor Relationships

- Meet regularly
- Prepare for meetings
- Take initiative
- Communicate clearly
How to avoid getting “stuck” in your research

- Measurable goals with deadlines
- Keep a to-do list
- Discuss your work with anyone who will listen
- Write about your work often
- Avoid distractions
Networking—not just for MBA’s

• Start in your home department
• Criticism is your friend
• Present your ideas at workshops, conferences, & other universities
• Action steps:
  – Practice 30 second, 2 minute, 5 minute versions of your topic
  – Send an email
  – Be thankful and helpful—they will remember you
When should I start looking for money?: remove

• Answer: tonight!
• Resources:
  – Your academic advisor
  – Your department’s website
  – Fellowships
  – NSF Grants
Becoming the professional you are

- Your career starts now
- Developing an online presence
- G.R.A.D Aggies
- Professional Development Portal
- Departmental resources
Avoiding Burnout

• It’s a marathon, not a sprint!
• Schedule self-care like an appointment
  – Sleep
  – Exercise
  – Food
  – Play
  – Spirituality
• Student Counseling Services
Click to add your credits

Subtitle