Welcome Students!

Introduction to graduate studies

Virtual Orientation

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Area orientations

- Meet faculty
- Details about program expectations and structure
- Meet other students
- Ask questions

IT IS REALLY CONFUSING!!!!
• In chat box:

• What is one thing you are worried about as you enter your graduate program?

• What is one thing you are looking forward to?

All too often, coming into a graduate program is talked about in organizational terms - completing courses, passing milestones, and “getting through” and “getting done”.

Complete courses and research → Scholarships, awards, publications → Thesis complete → Career/PhD
Thriving in graduate school

Connecting

Engaging

Being

Balancing

Achieving

My year so far

- Book chapter publication
- 3 successful grant applications (+ $200,000)
- Conference presentations
- Positive student reviews of my teaching
- 2 manuscripts in progress and 2 accepted for publication
- Rejected for a research grant
- 2 articles rejected from peer-reviewed journals.
- Students delayed in program or not performing in internship
- Requested extension on a grant because of COVID delays

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Your year - hypothetically

Success

- Mostly A grades in courses
- Awarded internal scholarship (~$2500)
- Established peer friendships/support system
- Hired as a research assistant on a project and co-author on a paper
- Presented at faculty-led peer conference
- Co-presented at a conference

Challenge

- Time management resulting in poor grade in one course
- Negative feedback on an essay – writing quality
- Not awarded larger external scholarship
- Delayed developing thesis topic and developing research design
- Relationship problems

With these grades, I won’t be able to get a scholarship to support my studies

My instructor evaluated me way too harshly

Everyone else is doing so well compared to me

I’m not cut out for grad school

I feel “frozen” and don’t know where to start

I should drop out and get an easy job with no responsibilities
What is your mindset?

• True or false?
  • If I have to work hard at something, it means that I’m not smart
  • I like to try things that are hard
  • When I make a mistake, I get embarrassed
  • I like to be told I’m smart
  • I usually quit when something gets difficult or frustrating
  • I don’t mind making mistakes. They help me learn.
  • Doing my best makes me proud, even if it’s not perfect.
Growth mindset

• Willing to take on challenge even if not successful.
• See criticism as feedback so one can improve and learn
• Less concerned about grades and more concerned about learning
• Believe talents are improved through hard word, good strategies, and feedback from others

"By the time I was fourteen (and shaving twice a week whether I needed to or not) the nail in my wall would no longer support the weight of rejection slips impaled upon it. I replaced the nail with a spike and went on writing." -Stephen King
• Self-compassion – how do you treat yourself in difficult times?
  
  • Self-kindness? tolerant of flaws and inadequacies
  • Common humanity? see difficulty as part of life that everyone goes through
  • Mindfulness? try to take a balanced view of the situation OR
  • Self-judgement? get down on myself
  • Isolation? feel other people have an easier time of it
  • Over-identified? obsess and fixate on everything that’s wrong

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A Few More Facts about Graduate School:

• It’s hard!
• It requires perseverance and sacrifice (i.e., pathei mathos – learning through suffering).
• It takes time: Read, read, read; write, write, write; think, think, think.
• It takes initiative and responsibility:
  The impetus for your scholarship must come from within.
• It’s a safe time to take risks
Master’s Program Overview

Fall, year 1
- Confirm supervisor
- Read literature/Develop research topic
- Apply for Tri-council funding

Winter, year 1
- Confirm research design and plan for analysis
- Ethics application
- Develop literature review

Spring/summer, year 1
- Collect data
- Conference presentations
- Apply to conferences

Fall, year 2
- Revise literature review and methods
- Apply for PhD
- Apply to conferences

Winter, year 2
- Clean and analyze data
- Write results
- Begin discussion
- Attend conferences

Spring/summer, year 2
- Attend conferences
- Complete thesis revisions
- DEFEND!

Questions, Comments, Concerns?