

Welcome Students!

Introduction to graduate studies

Virtual Orientation

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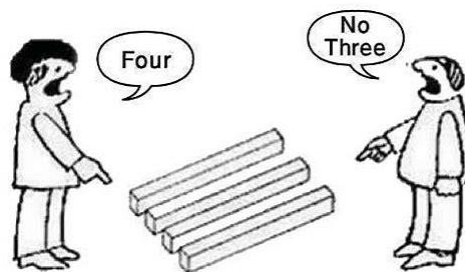
June 8, 2021



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?

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



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Thriving in graduate school



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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

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- 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



- 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

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- 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

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

Everyone else is doing so well compared to me

My instructor evaluated me way to harshly

I feel "frozen" and don't know where to start

I'm not cut out for grad school

I should drop out and get an easy job with no responsibilities

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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.

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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 work, good strategies, and feedback from others

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- *“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*



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- 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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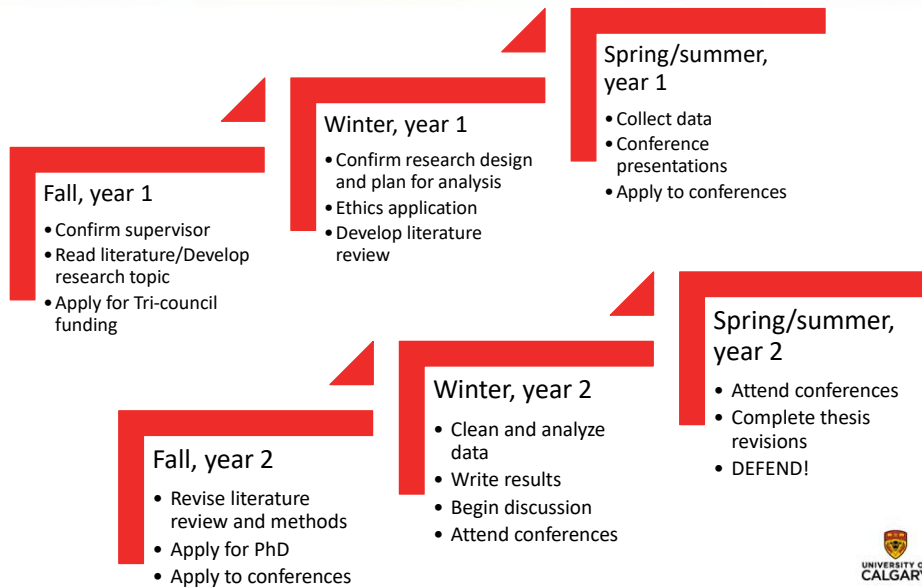
A Few More Facts about Graduate School:

- **It's hard!**
- **It requires perseverance and sacrifice (i.e., pathēi 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**

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Master's Program Overview



Questions,
Comments,
Concerns?