

TOP TIPS FOR GRADUATE STUDENTS from GPESA

1. Remember that you are technically a Faculty of Graduate Studies (FGS) student completing their degree within Werklund. Become familiar with all FGS policies, procedures, and deadlines (more information here: <https://grad.ucalgary.ca/>)
2. Your thesis defense and submission does not have to be a scary time - it should be exciting! A great way to cut down on stress beforehand is to go in knowing all expectations and requirements (more information here: <https://grad.ucalgary.ca/current-students/thesis-based-students/exams/thesis-defence>)
3. The Graduate Students' Association (GSA) serves as your union (RA, TA, and Sessional Work) as well as your collective bargaining agency for health care, insurance, tuition, and other expenses. Becoming familiar with them, and their services, will set you up for success in your program (more information here: <https://gsa.ucalgary.ca/>)
4. Your mental health and wellbeing are just as important (or more important) than your studies. If you require assistance and support UCalgary is here for you through the Wellness Centre and its affiliated offices (more information here: <https://www.ucalgary.ca/wellness-services>)
5. Are you friends with a librarian? You should be! Bart Lenart is the dedicated education librarian and can assist you in developing better information literacy, citation styles, or learning how to search library databases more effectively. Get to know him as early as possible in your program (more information here: https://library.ucalgary.ca/prf.php?account_id=141340)