



TEN STEPS FOR SUCCESS IN GRAD SCHOOL

Graduate Support
Center for Teaching and Learning

Let's Talk

If you feel comfortable, please describe what you feel most anxious about as an incoming grad student?



Manage your Time!

- Develop a system that works for you (planners, phone apps, to-do lists, etc.)
- Understand your own energy levels and productivity
- Balance your time effectively and include time for relaxing
- Be clear with yourself and others about what they can expect of your time

Use Active Learning Strategies!

- Self-regulated learning
- Participate in class discussions & activities
- Develop effective learning strategies
 - Note-taking
 - Practice testing
 - Distributed practice
 - Interleaved practice

Maintain Effective Communication!

- You'll need to communicate with a range of faculty, staff, and peers
- Be sure you have a courteous and professional tone for everyone
- Follow-up with people and follow through on your promises
- Stay informed about communication from your department and faculty too

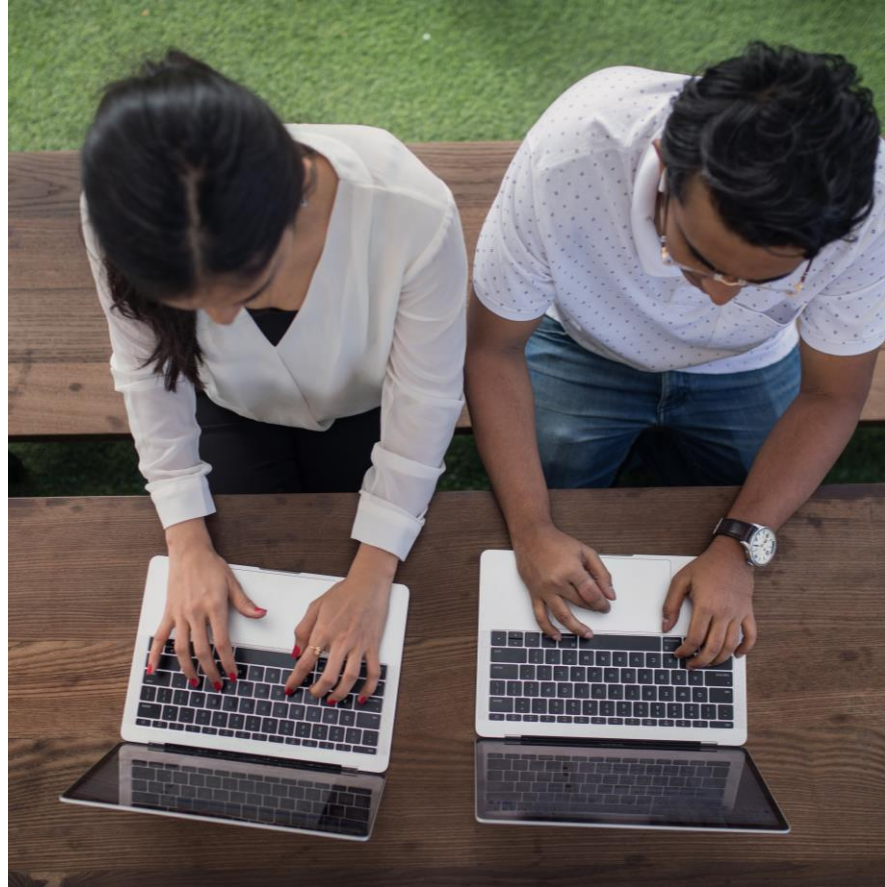


Ask Questions!

- Questions are an essential part of communicating in grad school!
- If you don't understand something in class, or about a form, or anything else, be sure to talk with others
- It may be a bit intimidating to ask questions, but people want to help you in grad school

Avoid Unhealthy Competition and Gossip!

- Unhealthy competition stems from comparing yourself to others, and it leads to perfectionism, resentment, gossip, and mistrust
- Gossip focuses on individuals, and is based on rumors and assumptions
- Venting focuses on situations and your feelings towards them; venting can be useful when you are stressed out



Lean on your Peers!

- Isolation and loneliness can be major hurdles in grad school
- These feelings become more intense as you move past coursework into research
- We encourage you to stay social
 - Talk with your peers in group chats, social media, meetups, and class discussions
 - Engage with the Grad Association of your department/program
 - Go to events across campus to build a diverse network of friends and colleagues
 - And don't forget to keep socializing with your family and friends back home

Practice Self-Care!

Deliberate practices that support mental, emotional, & physical health

- Walking
- Talking and laughing with loved ones
- Enjoying a hobby
- Relaxing with art or media
- Exercising or just get moving
- Cooking or baking
- Letting go of perfectionism
- Get enough sleep



Re-frame your Failures and Challenges!

- A growth mindset allows you to fail productively
- Growth requires mistakes and reflection
- Everyone makes mistakes!
- Challenges and failures go hand-in-hand with resilience
- You'll want to cultivate your resiliency to succeed in grad school

Don't Wait Until It's a Crisis!

It can be easier to procrastinate, self-doubt, or avoid work when we are worried, but it's better to work through those feelings and get the support that you need before you get stressed out, miss a deadline, or have some other negative issue. Look for support systems and let your faculty know!



Take some Perspective!

- Consider your graduate work as the foundation for later success
 - Your goals, habits, and skills will help you down the road, even if your specific career or academic interests shift
 - Perspective also helps you understand situations and concepts from another point of view
 - Grad school and professional development are not races—they are challenging, but everyone reaches goals at their own pace

THANK YOU AND
GOOD LUCK
EVERYONE!

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