

## Graduate Orientation 2017 Useful Links and Resources

### Getting Started

- **UBC Wireless Networks**  
[it.ubc.ca/services/email-voice-internet/wireless-internet-access](http://it.ubc.ca/services/email-voice-internet/wireless-internet-access)
- **UBC Card:** apply online at [ubccard.ubc.ca](http://ubccard.ubc.ca)
  - Upload your own photo, pick it up at the UBC Bookstore
  - Use for: U-Pass (link online at [upassbc.translink.ca](http://upassbc.translink.ca)), UBC Library, Building Access, at UBC Food outlets
- **Stop. Look. Sort.**
  - UBC's **Zero Waste** Initiative: Most of UBC's garbage can be recycled or composted
  - **Stop** at a bin. **Look** at the signs. **Sort** your waste
  - [sustain.ubc.ca/campus-initiatives/recycling-waste/sort-it-out](http://sustain.ubc.ca/campus-initiatives/recycling-waste/sort-it-out)
- **Finding your Way on Campus**
  - Wayfinding at UBC | [maps.ubc.ca](http://maps.ubc.ca)
  - UBC Food Services | [food.ubc.ca/feed-me/](http://food.ubc.ca/feed-me/)

### Courses, Money & Enrolment

- Student Service Centre (SSC) | [ssc.adm.ubc.ca/sscportal](http://ssc.adm.ubc.ca/sscportal)
- Graduate + Postdoctoral Studies | [grad.ubc.ca](http://grad.ubc.ca)
- Living Cost Calculator | [grad.ubc.ca/prospective-students/tuition-fees-cost-living](http://grad.ubc.ca/prospective-students/tuition-fees-cost-living)
- Money Management | [students.ubc.ca/enrolment/finances](http://students.ubc.ca/enrolment/finances)

### Academic Success

- UBC Libraries | [library.ubc.ca](http://library.ubc.ca)
- Research Commons | [guides.library.ubc.ca/library\\_research\\_commons](http://guides.library.ubc.ca/library_research_commons)
- Centre for Teaching, Learning and Technology | [ctl.ubc.ca](http://ctl.ubc.ca)
- English Language Support | [eli.ubc.ca/](http://eli.ubc.ca/) and [extendedlearning.ubc.ca/study-topic/english-communication-skills](http://extendedlearning.ubc.ca/study-topic/english-communication-skills)
- Centre for Writing and Scholarly Communication | [learningcommons.ubc.ca/improve-your-writing/](http://learningcommons.ubc.ca/improve-your-writing/)
- Access & Diversity | [students.ubc.ca/about/-student-services/access-diversity](http://students.ubc.ca/about/-student-services/access-diversity)
- Supervision & Advising | [grad.ubc.ca/current-students/supervision-advising](http://grad.ubc.ca/current-students/supervision-advising)

### Career + Experience

- Graduate Pathways to Success | [grad.ubc.ca/pathways](http://grad.ubc.ca/pathways)
- Centre for Student Involvement & Careers | [students.ubc.ca/about-student-services/centre-student-involvement-careers](http://students.ubc.ca/about-student-services/centre-student-involvement-careers)

## Health & Wellness

- Wellness Centre | [students.ubc.ca/health-wellness](https://students.ubc.ca/health-wellness)
- BC Medical Services Plan (MSP) | [students.ubc.ca/health-wellness/health-insurance](https://students.ubc.ca/health-wellness/health-insurance) and [gov.bc.ca/msp](https://gov.bc.ca/msp)
- AMS / GSS Insurance Plan | [studentcare.ca](https://studentcare.ca)
- Student Health Service | [students.ubc.ca/health-wellness/student-health-service](https://students.ubc.ca/health-wellness/student-health-service)
- Counselling Services | [students.ubc.ca/health-wellness/mental-health-support-counselling-services](https://students.ubc.ca/health-wellness/mental-health-support-counselling-services)
- Aboriginal student counselling available at the **First Nations House of Learning, 1985 West Mall** | 604-822-8940
- Sexual Violence Prevention and Response | [sexualviolenceresponse.ubc.ca/](https://sexualviolenceresponse.ubc.ca/)
- Sexual assault counselling available at **UBC Counselling Services** and **AMS Sexual Assault Support Centre** (<http://amssasc.ca/>)

## New to UBC – Get Advice + Address Problems

- Office of the Ombudsperson for Students | [ombudsoffice.ubc.ca](https://ombudsoffice.ubc.ca)
- GSS Advocacy Office | [gss.ubc.ca/main/services/advocacy](https://gss.ubc.ca/main/services/advocacy)
- Equity & Inclusion Office | [equity.ubc.ca](https://equity.ubc.ca)
- International Student Development (ISD at “I House”) | [students.ubc.ca/international-student-guide](https://students.ubc.ca/international-student-guide)
- Graduate + Postdoctoral Studies | [grad.ubc.ca](https://grad.ubc.ca)
- Your department Graduate Advisor + Staff

## Campus Life – Safety and Getting Around

- Safewalk | [ams.ubc.ca/services/safewalk](https://ams.ubc.ca/services/safewalk) | 604-822-5355 | using a **UBC Blue Phone**
- AMS Bike Co-op and Bike Kitchen | [www.bikecoop.ca](https://www.bikecoop.ca)
- Attractions | [attractions.ubc.ca](https://attractions.ubc.ca)

## Getting to Know Vancouver

- Tourism Vancouver | [tourismvancouver.com/](https://tourismvancouver.com/)
- Translink Trip Planning | [tripplanning.translink.ca/](https://tripplanning.translink.ca/)

## 7 Keys to Success in Graduate School

### 1. Being proactive – taking responsibility for your grad school experience

- Be your own “project manager” – take **initiative** to get what you need from your program/supervisor/committee
- Look for (or create) **opportunities** to help you get what you want from graduate school
- Continue the mental **transition** from waiting for direction to charting your own course

### 2. Establishing positive relationships with your supervisor + others

- Seek **regular contact** with your supervisor. Make your time together productive.
- **Follow up** on items discussed in meetings – keep your supervisor(s) informed of your progress and challenges
- Act as a “**junior colleague**” – ask questions, advance ideas, show interest and support for shared goals
- **Deal with problems** sooner rather than later

### 3. Embracing the wider academic community

- Don’t isolate – **reach out** within and beyond your program to find collaborators and community. Most research is global!
- **Get out there!** Look into research mobility grants; present at conferences (\$500 available to every grad student to present at a conference via [Graduate Student Travel Fund](#))
- Become involved with University activities **beyond** your own work – seminars, committees, events

### 4. Developing effective project management strategies

- Know your program requirements, and set a “Master Plan” for achieving milestones – revisit as needed. Set **deadlines**
- Structure your time and efforts – develop a **regular work schedule** that works for you
- Schedule **regular meetings** with your supervisor and committee to keep things moving along
- Stay focused on your **goals**. Reduce distractions wherever possible

### 5. Planning for various career paths

- There are (usually) **many options**...explore, then hone in on what seems most interesting to you
- Build both specific and diverse skills for possible careers. Watch for offerings through the [Graduate Pathways to Success](#) program, your department, and elsewhere
- Develop a **network** of positive contacts
- **Engage** with the wider UBC + Vancouver communities

## 6. Preventing + Dealing with problems

Problem	Prevent	Resolve
Supervision	Clarify expectations early; develop shared goals	Good communication; seek help from Graduate Advisor or G+PS
Academic progress	Clarify expectations early; set and stick to plan	Reflect on goals, seek help early from supervisor or Graduate Advisor
Financial	Plan ahead; make a budget	Seek help from program or ESP advisor in Brock Hall
Personal	Good self-care; connect with others; watch for early trouble signs	Reach out to those who care; Counselling Services
Academic misconduct	Learn about plagiarism & research ethics, get support when feeling pressured	???

## 7. Seeking balance + support in your life

- Stay connected to friends and family **outside school**
- **Eat well, sleep** consistently, **exercise** regularly
- Reach out to those around you – staff, faculty members, and especially students who can help you through the tough times
- Keep grad school in perspective – be a finisher!