Graduate Orientation
Useful Links and Resources 2019

Getting Started

- **UBC Wireless Networks**
  it.ubc.ca/services/email-voice-internet/wireless-internet-access
- **UBC Card:** apply online at **ubccard.ubc.ca**
  - Upload your own photo, pick it up at the UBC Bookstore
  - Use for: U-Pass (link online at **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**
- **Finding your Way on Campus**
  - **Wayfinding at UBC** | **maps.ubc.ca**
  - **UBC Food Services** | **food.ubc.ca/feed-me/**
  - **Attractions | attractions.ubc.ca**
- **Courses, Money & Enrolment**
  - **Student Service Centre (SSC) | ssc.adm.ubc.ca/sscportal**
  - **Graduate + Postdoctoral Studies Scholarships, Awards & Funding | https://www.grad.ubc.ca/scholarships-awards-funding**
  - **Living Cost Calculator | grad.ubc.ca/prospective-students/tuition-fees-cost-living**
  - **Money Management | students.ubc.ca/enrolment/finances**

Academic Success

- **UBC Libraries | library.ubc.ca**
- **Research Commons | guides.library.ubc.ca/library_research_commons**
- **Centre for Teaching, Learning and Technology | ctlt.ubc.ca**
- **English Language Support | eli.ubc.ca/ and extendedlearning.ubc.ca/study-topic/english-communication-skills**
- **Centre for Writing and Scholarly Communication | learningcommons.ubc.ca/improve-your-writing/**
- **Centre for Accessibility | students.ubc.ca/about/-student-services/access-diversity**
- **Supervision & Advising | grad.ubc.ca/current-students/supervision-advising**

Career + Professional Development

- **Graduate Pathways to Success | grad.ubc.ca/pathways**
- **Centre for Student Involvement & Careers | https://students.ubc.ca/about-student-services/centre-student-involvement-careers**

Health & Wellness

- **Wellness Centre | students.ubc.ca/health-wellness**
- **BC Medical Services Plan (MSP) | students.ubc.ca/health-wellness/health-insurance and gov.bc.ca/msp**
- **AMS / GSS Insurance Plan | studentcare.ca**
- **Student Health Service | students.ubc.ca/health-wellness/student-health-service**
- **Counselling Services | 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/**
- Sexual assault counselling available at **UBC Counselling Services** and **AMS Sexual Assault Support Centre (http://amssasc.ca/)**

Get Advice + Address Problems

- **Office of the Ombudsperson for Students | ombudsoffice.ubc.ca**
- **GSS Advocacy Office | gss.ubc.ca/main/services/advocacy**
- **Equity & Inclusion Office | equity.ubc.ca**
- **International Student Development (ISD in the Life Building | students.ubc.ca/international-student-guide**
- **Graduate + Postdoctoral Studies | grad.ubc.ca**
- Your department Graduate Advisor + Staff

Campus Life: Safety and Getting Around

- **Safewalk | ams.ubc.ca/services/safewalk |604-822-5355 |** using a **UBC Blue Phone**
- **AMS Bike Co-op and Bike Kitchen | www.bikecoop.ca**

Getting to Know Vancouver

- **Tourism Vancouver | tourismvancouver.com/**
- **Translink Trip Planning | 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
- Develop Professional and Planning skills at your own time using online resources:
    - **National Centre for Faculty Development & Diversity**
    - **CIRTL@UBC**
    - **Responsible Conduct of Research**

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!