Graduate Orientation
Useful Links and Resources 2019

Getting Started

- **UBC Wireless Networks**
  [it.ubc.ca/services/email-voice-internet/wireless-internet-access](it.ubc.ca/services/email-voice-internet/wireless-internet-access)

- **UBC Card**: apply online at [ubccard.ubc.ca](ubccard.ubc.ca)
  - Upload your own photo, pick it up at the UBC Bookstore
  - Use for: U-Pass (link online at [upassbc.translink.ca](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](sustain.ubc.ca/campus-initiatives/recycling-waste/sort-it-out)

- **Finding your Way on Campus**
  - Wayfinding at UBC | [maps.ubc.ca](maps.ubc.ca)
  - UBC Food Services | [food.ubc.ca/feed-me/](food.ubc.ca/feed-me/)
  - Attractions | [attractions.ubc.ca](attractions.ubc.ca)

- **Courses, Money & Enrolment**
  - Student Service Centre (SSC) | [ssc.adm.ubc.ca/sscportal](ssc.adm.ubc.ca/sscportal)
  - Graduate + Postdoctoral Studies Scholarships, Awards & Funding | [https://www.grad.ubc.ca/scholarships-awards-funding](https://www.grad.ubc.ca/scholarships-awards-funding)
  - Living Cost Calculator | [grad.ubc.ca/prospective-students/tuition-fees-cost-living](grad.ubc.ca/prospective-students/tuition-fees-cost-living)
  - Money Management | [students.ubc.ca/enrolment/finances](students.ubc.ca/enrolment/finances)

Academic Success

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

Career + Professional Development

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

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