

# Graduate Orientation

## Useful Links and Resources

### Getting Started

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

### Academic Success

- **UBC Libraries** | [library.ubc.ca](https://library.ubc.ca)

With over 10 libraries on campus, you have access to resources to help you plan your research and get through your coursework.
- **Research Commons** | [guides.library.ubc.ca/library\\_research\\_commons](https://guides.library.ubc.ca/library_research_commons)

Get help with citation management, statistical analysis programs, and thesis formatting through 1-on-1 consultation. Attend workshops and events to help you improve your research.
- **English Language Support** | [eli.ubc.ca/](https://eli.ubc.ca/) and [extendedlearning.ubc.ca/study-topic/english-communication-skills](https://extendedlearning.ubc.ca/study-topic/english-communication-skills)
- **Centre for Writing and Scholarly Communication** | [learningcommons.ubc.ca/improve-your-writing/](https://learningcommons.ubc.ca/improve-your-writing/)

Resources and tools to help you succeed with academic writing.
- **Centre for Accessibility** | [students.ubc.ca/about/-student-services/access-diversity](https://students.ubc.ca/about/-student-services/access-diversity)

Support programming initiatives designed to remove barriers for students with disabilities. The Centre for Accessibility facilitates disability-related accommodations which help students overcome challenges that may affect their academic success.
- **Supervision & Advising** | [grad.ubc.ca/current-students/supervision-advising](https://grad.ubc.ca/current-students/supervision-advising)

## Career + Professional Development

- **Graduate Pathways to Success** | [grad.ubc.ca/pathways](http://grad.ubc.ca/pathways)  
Workshops and events to help you be successful in your academic, professional, and personal pursuits as a graduate student.
- **Centre for Student Involvement & Careers** | <https://students.ubc.ca/about-student-services/centre-student-involvement-careers>  
A hub of career development expertise, programs, initiatives, and resources integrated within the full range of students' academic, co-curricular, & extra-curricular experiences, the CSI&C works in partnership with Faculties to support students to become career-ready graduates.
- **Centre for Teaching, Learning and Technology** | [ctl.ubc.ca](http://ctl.ubc.ca)  
Gain professional development opportunities in teaching and learning with a focus on the integration of technology into teaching and learning.

## Health & Wellness

- **Wellness Centre** | [students.ubc.ca/health-wellness](http://students.ubc.ca/health-wellness)  
Talk to a Wellness Peer, attend a workshop, and get student-tested tips on how to be happier and healthier.
- **BC Medical Services Plan (MSP)** | [students.ubc.ca/health-wellness/health-insurance](http://students.ubc.ca/health-wellness/health-insurance) and [gov.bc.ca/msp](http://gov.bc.ca/msp)
- **AMS / GSS Insurance Plan** | [studentcare.ca](http://studentcare.ca)
- **Student Health Service** | [students.ubc.ca/health-wellness/student-health-service](http://students.ubc.ca/health-wellness/student-health-service)  
Visit a doctor, nurse, or other medical professional on campus at the UBC Hospital.
- **Counselling Services** | [students.ubc.ca/health-wellness/mental-health-support-counselling-services](http://students.ubc.ca/health-wellness/mental-health-support-counselling-services)
- **Aboriginal student counselling** | <https://indigenous.ubc.ca/students/current-students/student-resources/counselling>
- **Sexual Violence Prevention and Response** | [sexualviolenceresponse.ubc.ca/](http://sexualviolenceresponse.ubc.ca/)  
A safe place for students, faculty and staff who have experienced sexual violence, regardless of where or when it took place.
- **AMS Sexual Assault Support Centre** (<http://amssasc.ca/>)  
Free and confidential services for UBC students, staff, faculty, and those connected to the UBC-Vancouver campus community, including crisis and short-term emotional support.

## Get Advice + Address Problems

- **Office of the Ombudsperson for Students** | [ombudsoffice.ubc.ca](http://ombudsoffice.ubc.ca)
- **GSS Advocacy Office** | [gss.ubc.ca/main/services/advocacy](http://gss.ubc.ca/main/services/advocacy)
- **Equity & Inclusion Office** | [equity.ubc.ca](http://equity.ubc.ca)
- **International Student Development (ISD in the Life Building)** | [students.ubc.ca/international-student-guide](http://students.ubc.ca/international-student-guide)
- **Graduate + Postdoctoral Studies** | [grad.ubc.ca](http://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** | [thebikekitchen.ca](https://thebikekitchen.ca)
- **HOPR Campus Bike Share** | [gohopr.com/ubc](https://gohopr.com/ubc)

## Getting to Know Vancouver

- **Tourism Vancouver** | [tourismvancouver.com/](https://tourismvancouver.com/)
- **Translink Trip Planning** | [triplanning.translink.ca/](https://triplanning.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
<b>Supervision</b>	Clarify expectations early; develop shared goals	Good communication; seek help from Graduate Advisor or G+PS
<b>Academic progress</b>	Clarify expectations early; set and stick to plan	Reflect on goals, seek help early from supervisor or Graduate Advisor
<b>Financial</b>	Plan ahead; make a budget	Seek help from program or ESP advisor in Brock Hall
<b>Personal</b>	Good self-care; connect with others; watch for early trouble signs	Reach out to those who care; Counselling Services
<b>Academic misconduct</b>	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!