Graduate Orientation
Useful Links and Resources

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.** | [sustain.ubc.ca/campus-initiatives/recycling-waste/sort-it-out](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](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) | [sscadm.ubc.ca/sscportal](sscadm.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)
  - Cost of Living 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)
  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](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](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/)
  Resources and tools to help you succeed with academic writing.
- **Centre for Accessibility** | [students.ubc.ca/about/-student-services/access-diversity](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](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](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 | [ctlt.ubc.ca](http://ctlt.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](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 | 604-822-5355 | using a UBC Blue Phone
- AMS Bike Co-op and Bike Kitchen | thebikekitchen.ca
- HOPR Campus Bike Share | gohopr.com/ubc

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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<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>
</tr>
<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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<tr>
<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!