7 Keys to Success in Graduate School

1. Be 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. Establish 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. Embrace 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. Develop 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. Plan 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. Prevent + Deal with problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Prevent</th>
<th>Resolve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervision</td>
<td>Clarify expectations early; develop shared goals</td>
<td>Good communications; 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>
</tr>
<tr>
<td>Financial</td>
<td>Plan ahead; make a budget</td>
<td>Seek help from program of ESP advisor in Brock Hall</td>
</tr>
<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>
</tr>
<tr>
<td>Academic Misconduct</td>
<td>Learn about plagiarism &amp; research ethics, get support when feeling pressured</td>
<td>???</td>
</tr>
</tbody>
</table>

### 7. Seek 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!