Kirthana

• Don’t Be Afraid to Explore – UBC offers numerous opportunities, both within and outside your department. Take full advantage of everything UBC has to offer and apply for as many on-campus and off-campus opportunities as you can.

• Manage Your Time Well – Develop a strong time management strategy early on. Grad school requires balancing coursework, research, part-time work, and personal commitments. Efficient time management is crucial.

• Focus on Your Mental Health – Prioritize your mental and physical well-being. Schedule regular breaks, maintain a healthy lifestyle, and seek help if you’re feeling overwhelmed (we all do at times!).
Emily

• **Look for Housing EARLY.** To avoid scammers, try viewing the place in person and confirming their property documents. It is often a stressful process, so try to be diligent. The grad student forum is also a good place to look or ask.

• **There is a lot more to academic life.** Get involved if you can. There are thousands of clubs on the UBC campus, and there will be clubs that fit your hobbies. There is also a lot happening in Vancouver, for example, there is a cool comedy scene. Check it out!

• **Get to know the Graduate Student Society!** We offer many events, funding, and resources for graduate students! Feel free to make your suggestions for the society as well by contacting student executives and/or staff.

Tenanye

• **Get Involved.** Attend as many events put on by your grad student association and your research facility. It’s a surefire way to make friends in and out of your department.

• **Communicate.** Make sure to share your successes and challenges with your PI and members of your lab. Oversharing is better than undersharing, and can lead to advice that can really turn a challenging project around.

• **Be your best advocate.** It may be tough because starting grad school may make you feel like you’re a beginner again, but make sure to stand up for yourself and your values if something makes you feel uncomfortable.
Upcoming Webinars

• Preparing excellent fellowship applications | July 24
• Career Planning from the Start | August 9
• GradStart Prep Day | August 27

orientation.grad.ubc.ca/events