



Graduate and Postdoctoral Studies Welcome

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#UBCGradStart2025
#UBCGradJourney




WELCOME TO YOUR #UBCGRADJOURNEY





Musqueam Post carved by Brent Sparrow Jr.

Vancouver is on the traditional, ancestral and unceded territory of the Coast Salish peoples: (xʷməθkʷəy̓əm) **Musqueam**, (Sḵwx̱wú7mesh) **Squamish** and (Səlilwətaʔ/Selilwitulh) **Tsleil-Waututh** peoples.

Musqueam's language is hən'qəminəm'



Graduate education is a high-reward, high-challenge undertaking that requires care and attention to multiple dimensions of who we are and what we do.

Anticipated benefits of a graduate education



- Personal growth – new experiences and perspectives; building own perseverance, determination, curiosity
- Intellectual stimulation, absorption in something that fascinates you
- Opportunity to contribute to knowledge, practice, society
- Enriched personal and professional networks
- Expanded career prospects, satisfaction and earning potential



Graduate and Postdoctoral Studies (G+PS)



www.grad.ubc.ca/current-students

- Academic hub of graduate education at UBC
- Ensures academic quality & integrity
- Support for academic/supervisor difficulties
- Admissions & records
- Awards & scholarships
- Theses & dissertations
- Doctoral exams
- Communications



Common challenges for graduate students



- Managing relocation and navigating new environments
- Academic pressures or uncertainty; “imposter syndrome”
- Financial stress
- Building social and academic support
- Managing complex personal considerations -- family, housing, career, geopolitics
- Building/keeping healthy habits; managing stress

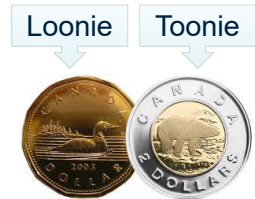


Scholarships, Awards, and Funding



Most student funding decisions are made **within your graduate program**, including Teaching Assistantships

- G+PS is responsible for administering **merit-based** graduate awards
<https://www.grad.ubc.ca/scholarships-awards-funding>
- For **need-based** funding visit Enrolment Services
<https://students.ubc.ca/enrolment/finances>
- Additional **student employment** opportunities
<https://students.ubc.ca/career/ubc-experiences>
- **Budgeting** info and tips
<https://www.grad.ubc.ca/campus-community/blog/>



Campus Resources

orientation.grad.ubc.ca/resources/

- Pre-Arrival webinar recordings
- Getting to know campus
- Academic success and professional development
- UBC community information
- And more...



Academic Integrity, Scholarly Integrity



- <https://academicintegrity.ubc.ca/>

Academic integrity is a commitment to upholding the values of respect, integrity, and accountability in academic work.

- <https://responsible.research.ubc.ca/>

Scholarly integrity (or responsible conduct of research) relates to navigating the ethical issues and challenges inherent to research.



STOP. LOOK. SORT.

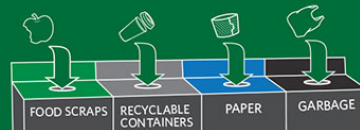


- UBC's Zero Waste Action Plan, [SORT IT OUT](#).
Most of UBC's garbage can be recycled or composted
- **Stop** at a bin. **Look** at the signs. **Sort** your waste

You can make a difference

and create a green, zero waste campus:

USE RECYCLING STATIONS TO SORT YOUR FOOD SCRAPS AND RECYCLABLES INTO THE PROPER BINS.



To reduce our environmental footprint and reuse our resources, UBC is replacing garbage cans with multi-bin recycling stations.

Graduate Student Professional Development



www.grad.ubc.ca/current-students/professional-development

- Events, services & resources on:
 - Academic success
 - Career preparation
 - Health and wellbeing
 - Leadership & teamwork
 - Writing & communication

Highlighted weekly in GradUpdate email

Health, Wellbeing and Safety

<https://www.grad.ubc.ca/current-students/health-wellbeing-safety>

<https://foodhub.ubc.ca/resources>



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Community Building/Campus and Community



- grad.ubc.ca/campus-community
- community.grad.ubc.ca
- Graduate Student Society
<https://gss.ubc.ca/>
- UBC BGSN, ubc.bgsn@gmail.com
- DGSA, disabled.grads@ubc.ca
- University Multifaith Chaplains

Feeling connected to our communities, whether they're academic, cultural, geographical, spiritual or social, give us the sense of belonging that we all need.

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Graduate Student Orientation to the Library

orientation.grad.ubc.ca/events/



In-person

Tues, Jan 14, 1 – 1:45 pm

Online

Fri, Jan 17, 1 – 1:45 pm

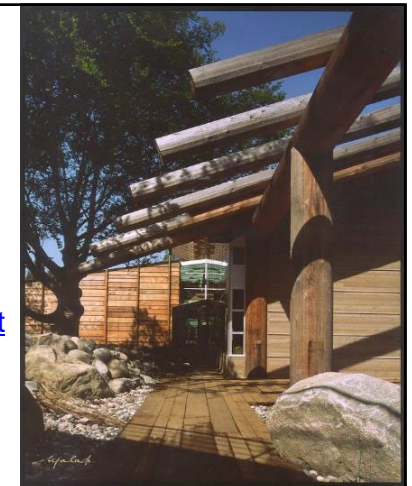


Indigenous Student Space

šxʷta:təxʷəm (hən'qəmin'əm:
home away from home)

Jan 6: Karaoke
Jan 9: Movie Night
Jan 13: Pancake breakfast
(and more)

<https://fnhl.ubc.ca/students/student-events/>





Links for some places in Vancouver and area



Science World <https://www.scienceworld.ca/>
 The PNE (Pacific National Exhibition) <https://www.pne.ca/>
 Reifel Bird Sanctuary <https://www.reifelbirdsantuary.com/>
 Stanley Park <https://vancouver.ca/parks-recreation-culture/stanley-park.aspx>

Local mountains for skiing, snowshoeing, or hiking (from left to right as viewed from campus)
<https://www.cypressmountain.com/>
<https://www.grousemountain.com/>
<https://mtseymour.ca/>

Whister:

<https://www.whistler.ca/> (municipality site)
<https://www.whistlerblackcomb.com/> (ski resort)

Links for some places at UBC



GSS Loft, 4th floor, AMS nest <https://gss.ubc.ca/gss-loft/>
 Graduate Life Centre, Thea Koerner House <https://gss.ubc.ca/graduate-life-centre-venue/>
 Thea's Lounge, Thea Koerner House <https://gss.ubc.ca/theas-lounge/>

Museum of Anthropology <https://moa.ubc.ca/>
 Beaty Biodiversity Museum <https://beatymuseum.ubc.ca>
 UBC Botanical Garden <https://botanicalgarden.ubc.ca/>
 Nitobe Japanese Garden <https://botanicalgarden.ubc.ca/visit/nitobe-memorial-garden/>
 The Chan Centre for the Performing Arts <https://chancentre.com/>
 Wreck Beach wellbeing.ubc.ca/sites/wellbeing.ubc.ca/files/u9/Wreck%20Beach%20Trail_revised.pdf

For additional suggestions visit <https://www.grad.ubc.ca/campus-community/vancouver-campus>

Find your people!



<https://community.grad.ubc.ca/forums/making-friends>

More advice from other grad students...

<https://www.grad.ubc.ca/current-students/newly-admitted/tips>