

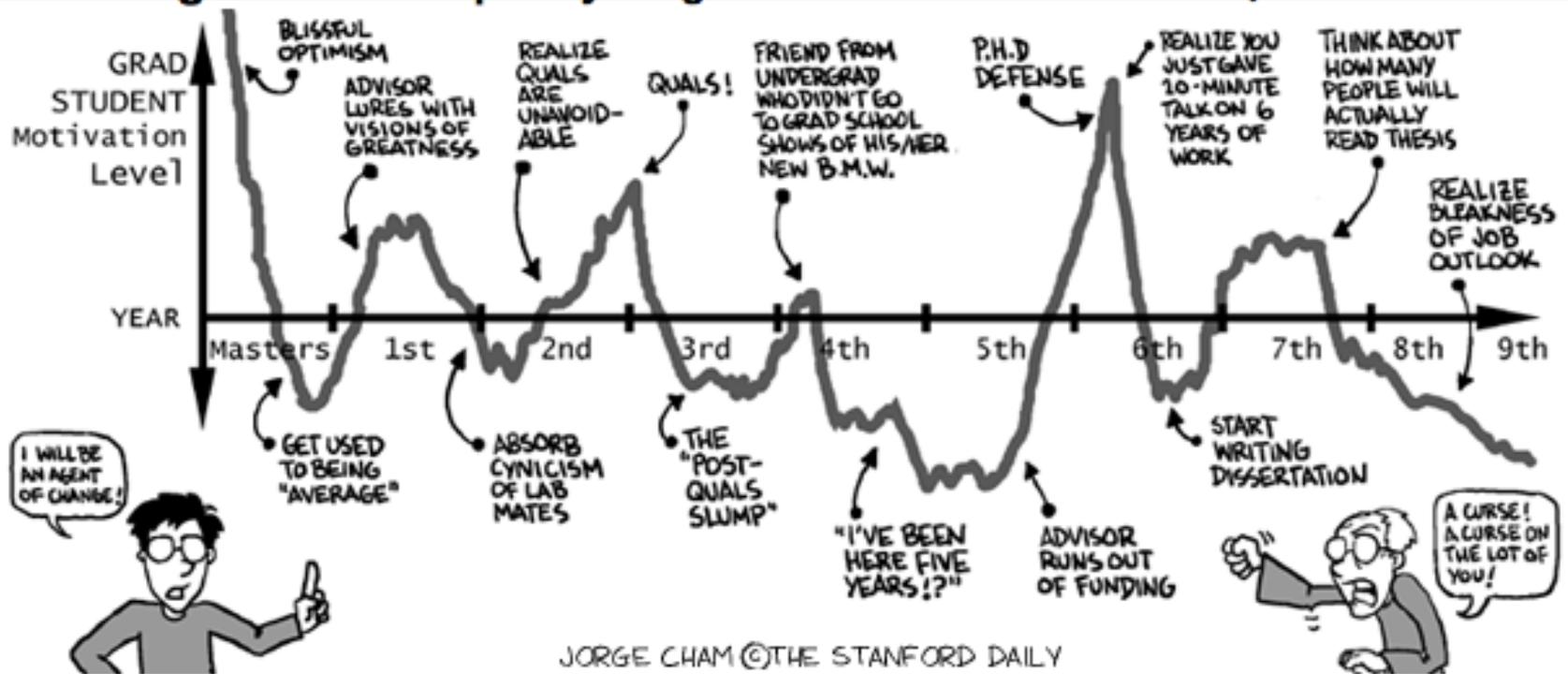
Surviving/Thriving in Grad School

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JORGE CHAM ©THE STANFORD DAILY
 title: "Graph - Motivation level" - originally published 5/5/1999

Are you ready?



Go Fast, Go Slow (Make the Most of It)

Start Up, Slow Down

Under pressure to take an invention to market, MIT grad students must push their academic work aside



M. Scott Brauer for The Chronicle

Louis Perna and Natalya Brikner are Ph.D. candidates at MIT working on a propulsion system to maneuver very small satellites in space. They formed a company to commercialize their project, but the work has robbed time from their graduate studies.

Find Your People - Connect

- Faculty
- Mentoring team
- Peers
- Potential employers
- “Networking begins day1”





What you can expect from your Advisor

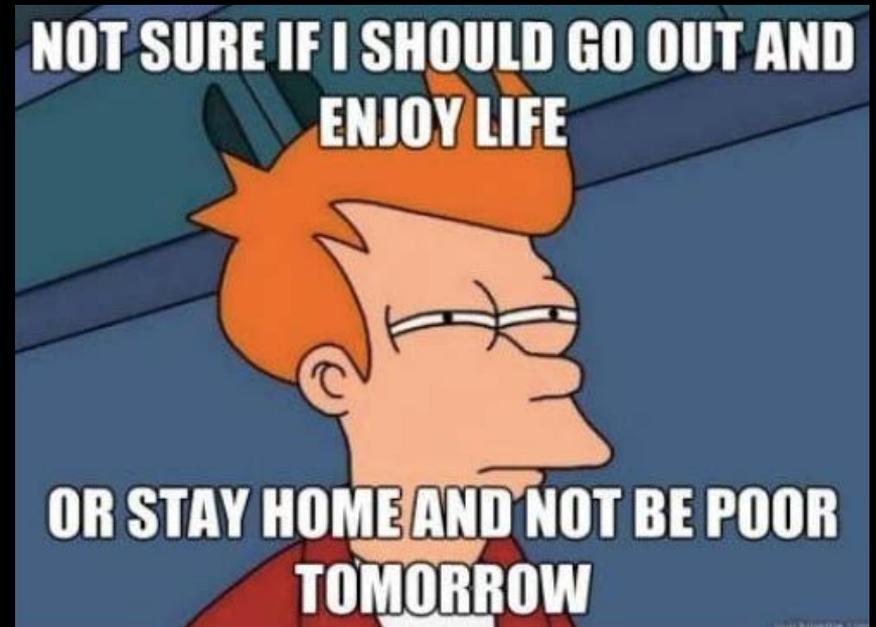
- Clear communication
- Constructive criticism
- Positive feedback
- Career mentoring
- Regular meetings

Challenges?

- Address them NOW
- Ask peers
- Consult with GPC, GPA, or Chair
- Visit Core Programs in the Grad School

What your Advisor expects of you

- Own your own career
- Accept constructive criticism
- Honest progress reports
- Initiative
- High quality work



Balance



This is Your Life

Live now – you are investing in you

Plan

- To do lists, with weekly updates
- Get important but not (as) urgent
- Include personal commitments on the list

Focus

- Prioritize top items and start there

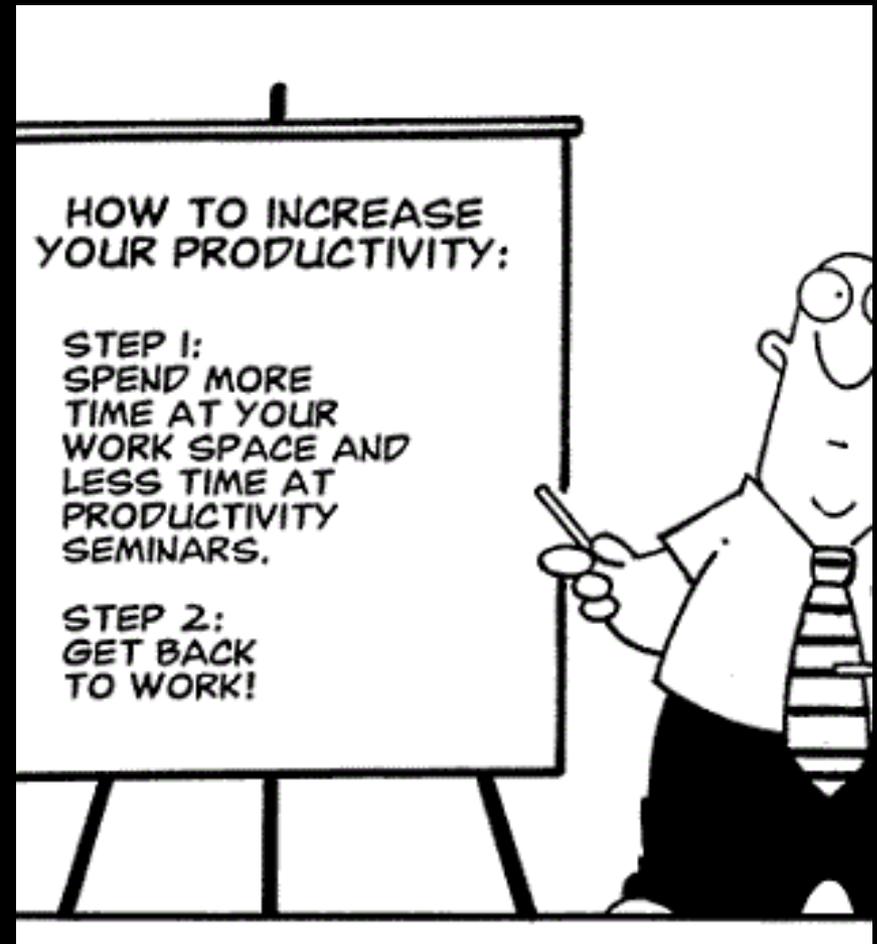
Say no (but say yes too)

- Saying no creates space to do those things that matter



Publications/Productivity

- Learn tools
- Ask for help
- Keep goals clear
- Start with graphs and figures for a paper
- Identify your clearest thinking times and protect them



Be Intentional

- Take ownership of your education
- Put your learning in context
 - Volunteer
 - Intern
 - Apply/Work
- Stay close to your passions (discover what they are!)

Be Open to Surprises

Be flexible and adaptable

- Your program may change
- Your goals may change
- Your opportunities may change
- Your job at the end of the degree may change

Summing It Up

- Go slow, go fast
- Get connected
- Put your learning in context
- Take care of yourself
- Be open to surprises



Summing It Up

- There is an end to this
- Find a way to relax
- Research is hard
 - Let yourself be a student
- Play dumb
 - Ask questions, ask for help
- Establish rapport with advisor
- Be passionate about your work



C. Fidler, Chronicle of Higher Ed March 2012

Resources – Use Them!

- GO-MAP Getting Connected Panel and Reception: October 9, 4-9pm UW Club
- Core Programs, Graduate School (Loew 302)
 - www.grad.washington.edu/profdev/
- Graduate Funding Information Service
 - commons.lib.washington.edu/services/gfis
- Career Center (online and 1-1 advising)
 - careers.washington.edu/

“Take a deep breath, you can do this.”

- Senior Aero Student