

Welcome to Graduate School

Rules to Live By

BGSA Fall 2020

Chill Out

Semester 1

- Required training (ethics, lab safety, etc.)
- Learning TA / RA job requirements
- Generally getting your bearings
- Administrative tasks
- Orientations
- Red tape
- Classes



Be Healthy

- Physical, Mental, and Emotional
- Allow time for exercise
- Allow time for personal relationships
- Prioritize Sleep



Be Nice

- Making friends is time well spent
- Building a network is a valid accomplishment



If in doubt, try not to judge,
don't give personal criticism,
and take nothing personally.

Get Involved

- Volunteering is a great way to make friends and learn new skills



Find a student group you want to support and ask them about getting involved

Volunteering positions in the BGSA

Event Committee. Help organizing:

- Workshops
- Social Events
- Craft Nights

email bgsa@ualberta.ca

EDI (Equity, Diversity, Inclusion) Committee

- EDI Journal Club
- Peer Support and Advocacy

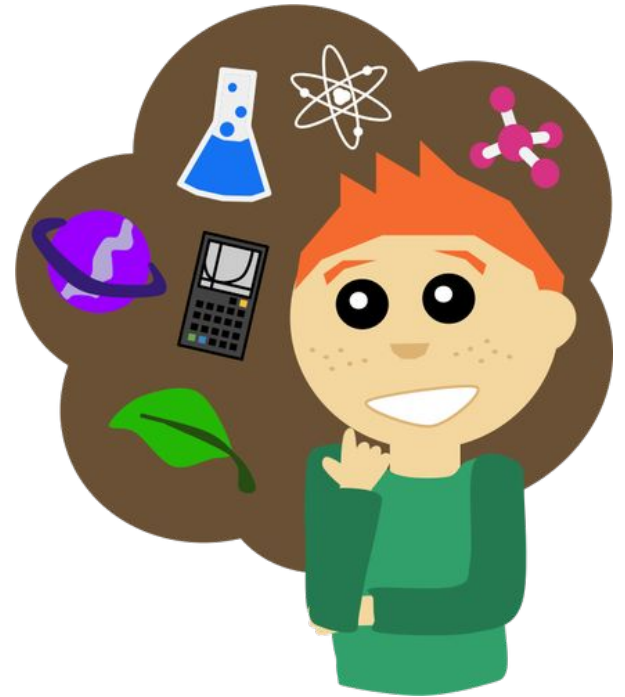
Be Realistic

Goal Setting

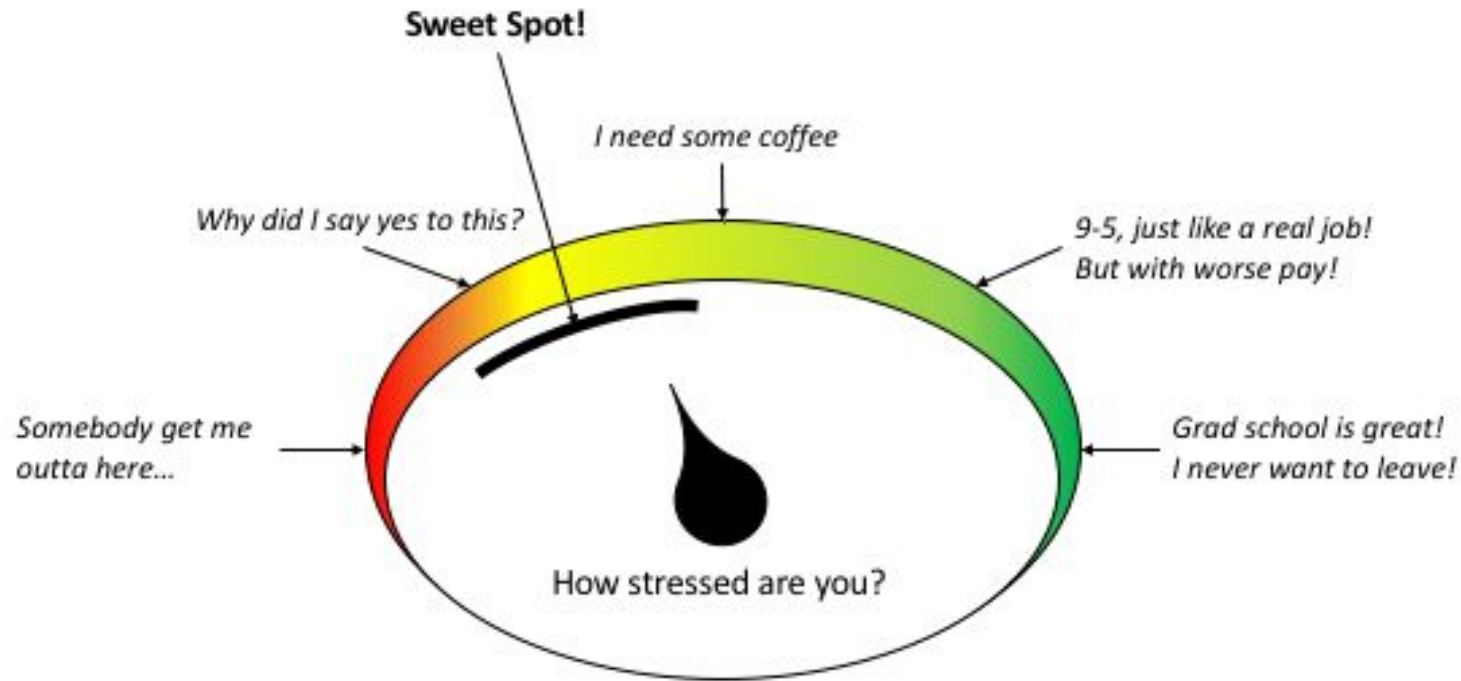
not too high

not too fast

not too demanding



Find Your Personal Sweet Spot



Get Organized



Requirements

- University
- Department
- Supervisor
- Personal

Manage your DATA

- Keep good lab notes
- Keep backup drives
- Always include metadata
- Where, when, why,
what the heck **IS** this data?



Read

Time spent reading **IS** time spent working

- Journal Articles
- Research Blogs
- Historical Papers
- Textbooks
- Other fields



Reading is a legitimate use of your time

Be Strategic

- Know your strengths and weaknesses
- Take advantage of your strengths
- Take or **audit** classes to fill in your weaknesses
- Plan to check in on yourself:
“What’s working and what isn’t?”

ERRR...



**CAN'T STOP.
TOO BUSY!!**



TOO BUSY TO IMPROVE?



Set Your Priorities

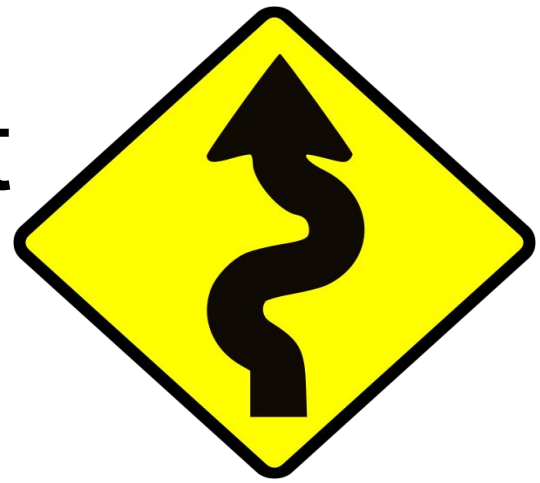


- Ask “What am I getting out of all this?”
- Prioritize the things that help you move forward in your life, your career, and your research

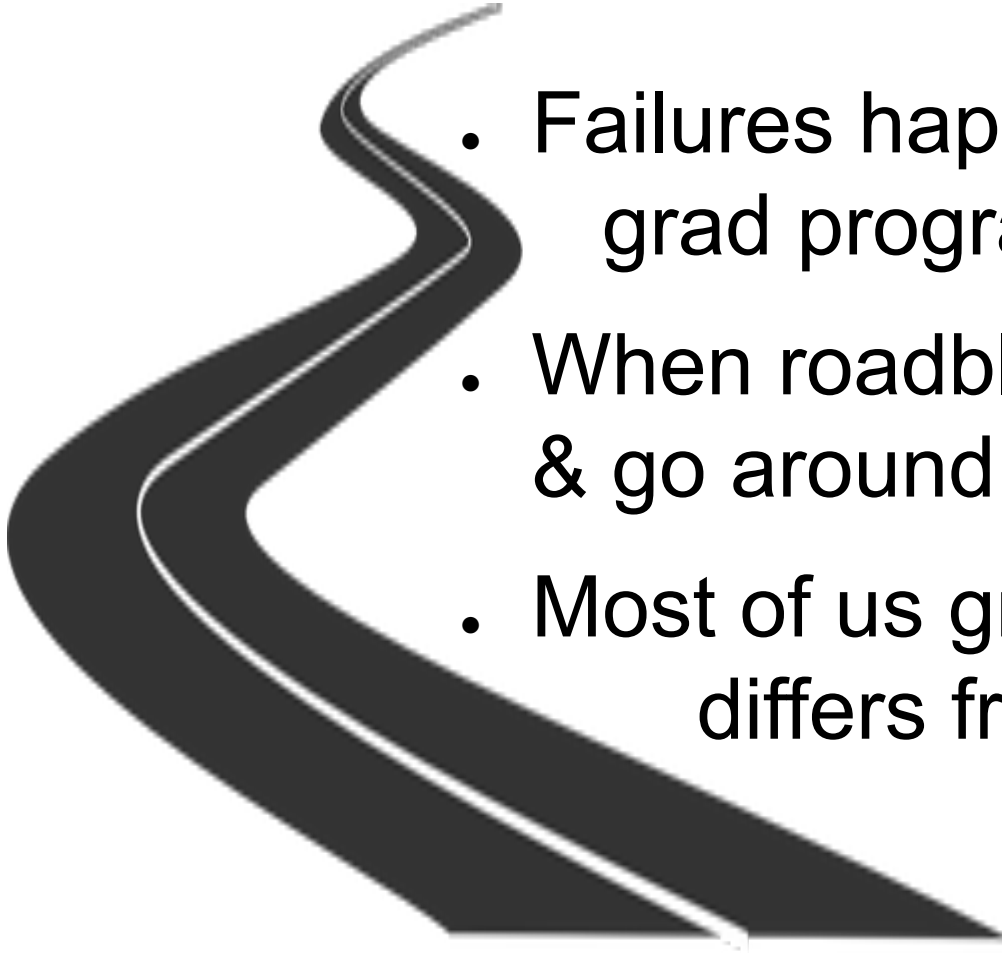
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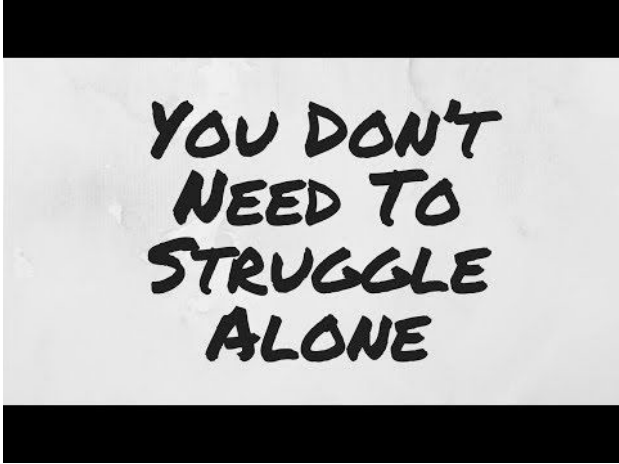
Get Ready to Pivot



- Failures happen in every grad program
- When roadblocks pop up, pivot & go around them
- Most of us graduate on a project that differs from our original proposal



Ask for help if you are in need



**YOU DON'T
NEED TO
STRUGGLE
ALONE**

Email bgsa@ualberta.ca and we'll do our best to help you and link you to resources you might need

Enjoy Yourself

Remember why you are here!



Workshop Portion

Why did you come to graduate school?

What will a graduate degree do for you?

What do you love about your research?

How can you make the journey easier for yourself?