Online Resources Available Anytime!

Individual Development Plan

The Individual Development Plan (IDP) is a written guide to help you plan and make the most of your graduate student experience.

Services & Resources for Grad Students Web Page
https://grad.uw.edu/for-students-and-post-docs/core-programs/grad-resources/

Check out this web page, whenever you need a quick link to learn more about Seattle campus resources for graduate students at all three campuses!

Mentor Memos
https://grad.uw.edu/for-students-and-post-docs/core-programs/mentoring/mentor-memos/

What’s the best way to pick a lab? How can you manage a large writing project? How do you work the crowd at a cocktail party with confidence and ease? These topics — and many others — are not necessarily covered in a graduate student’s coursework. But knowing how to manage time, the best way to negotiate a salary and how to turn a dissertation into a book can be invaluable to a successful education and career.

The UW Graduate School offers a series of Mentor Memos — penned by UW faculty and staff — that cover these topics, and much more. The memos often complement a slate of professional development workshops offered by the Graduate School’s Core Programs office throughout the year.

Core Programs Blogspot
http://grad.uw.edu/blog/category/core-programs-blogspot/

It’s finally here! An archive of e-newsletters that Core Programs sends out to graduate students every other Thursday. From peer mentoring to communicating with your faculty advisor to getting past barriers to writing, you’ll find tips and strategies that will contribute to your success!

Core Programs on Facebook
https://www.facebook.com/uwcoreprograms/

Visit us on facebook for more tips, strategies, and events that promote graduate student success! Updated weekly!

UW Graduate Students on Facebook
https://www.facebook.com/groups/UWGradSuccess/

Need a lead on housing? Interested in joining an ultimate frisbee group for grad students? Maybe you’d like the low down on cheap and yummy eateries? Or maybe you’d like to join a campus advocacy group? Join this facebook page!

Find Your Community

FIUTS – Events for International Graduate Students
Room 206, HUB

FIUTS (The Foundation for International Understanding Through Students) connects students to local and global communities through programs that build international awareness, cross-cultural communication, and informed leadership. Based on campus at the University of Washington, FIUTS programs create a community of international and American students, members of the local community, and alumni around the world. As a center of international culture that links campus with community, FIUTS delivers programs to a diverse range of constituents that promote cross-cultural understanding, global culture, and respect for diversity. Please visit http://www.fiuts.org/events/calendar/ to learn more about their exciting social and cultural events. Contact info@fiuts.org.

Super Caffeinated Tour
Friday, September 30th, 4:30 pm – 9:00 pm
Meet up at George Washington Statue near the Red Square @ 4:30 pm
Sign up required at the FIUTS Office (Room 206, HUB)

It is no surprise that Seattle has more coffee shops than any other U.S. city! Join us on a coffee shop crawl to amazing coffeehouses with unique histories and ambiance. Meet baristas who are passionate about latte art while getting to know your fellow husky coffee lovers. Let’s get caffeinated! This event is sponsored by FIUTS.

**Seattle Underground Tour**  
**Saturday, October 1st, 5:00 pm – 9:00 pm**  
Sign up required at the FIUTS Office (Room 206, HUB)  
Cost: $16.00

Go on a leisurely, guided walking tour beneath Seattle’s sidewalks and streets. Explore Seattle from the bottom up in this underground tour and leave with stories to tell. This tour is full of humor & history that showcases the quirky character of Seattle.

**Student Veteran Life**  
**Room 327, HUB**

Veteran Life was established in 2015 as a unit for student veterans founded by student veterans. The office can be found in the Husky Union Building room 327 and is open Monday through Thursday from 10 am to 4 pm and Friday from 10 am to 2 pm. Our office is home to a staff of skilled veterans that can help you navigate through the University of Washington. From campus locations to student resources we are able to serve student veterans at any point in their college experience. For more information: [https://depts.washington.edu/vetlife/](https://depts.washington.edu/vetlife/)

**Open House and Pizza Lunch**  
**Thursday, September 29th, 11:00 am – 1:00 pm**  
**Room 327, HUB**

Student Veteran Life Open House and pizza lunch, open to all new and current student veterans and dependents. Learn about the office and what services it offers to student veterans and meet others while enjoying a FREE pizza lunch.

**Veterans Night Out**  
**Friday, September 30th, 5:00 pm – 7:00 pm**  
**Games Area, HUB**

Kick-off to the new school year at Veterans Night Out. Bring your family, win prizes, and spend an evening bowling, playing games, and meeting fellow student veterans. Events start at 5pm in the HUB Games Area.

**Q Center and Queer Student Commission Welcome Luncheon**  
**Friday, September 30th, 12:00 pm – 1:30 pm**  
**North Ballroom, HUB**

Join us to be welcomed and celebrated as the Q Center and the ASUW Queer Student Commission kick off the new year with a free luncheon. Everyone is welcome to take part in the free food, great speakers, and lots of fun for all! This year we are throwing the ultimate day party with guest DJ Stas THEE Boss! For more information about the Q Center, please visit [http://depts.washington.edu/qcenter/wordpress/](http://depts.washington.edu/qcenter/wordpress/).

**Rainbow Grads Fall Kick-Off Celebration 2016!**  
**Thursday, October 6th, 5:00 pm – 8:00 pm**  
**CoMotion Incubator Idea Lab (Room 300), Fluke Hall**

Rainbow Grads invites incoming and current LGBTQ graduate, professional, and postdoctoral students and their allies to attend the annual Rainbow Grads Fall Kick-Off Celebration. This event offers a chance to get plugged in to the queer community across campus and to learn about Rainbow Grads’ social events throughout the year. It’s also an opportunity to enjoy free drinks, free food, and great music!

**Getting Connected: New Student Orientation & Reception with GO-MAP**  
**Thursday, October 13th, 4:00 pm – 10:00 pm, UW Club**

RSVP for Orientation: [https://www.eventbrite.com/e/getting-connected-new-student-orientation-2016-tickets-26686984489](https://www.eventbrite.com/e/getting-connected-new-student-orientation-2016-tickets-26686984489)

RSVP for Reception: [https://www.eventbrite.com/e/getting-connected-reception-2016-tickets-26690531097](https://www.eventbrite.com/e/getting-connected-reception-2016-tickets-26690531097)

Getting Connected is the Graduate Opportunities-Minority Achievement Program’s (GO-MAP) signature event of the year and a great chance to meet new and returning UW Graduate Students of Color and Faculty and Staff of Color across all disciplines. New students are encouraged to attend the orientation from 4:00 pm – 7:00 pm to engage with faculty and student panelists addressing strategies on how to thrive in graduate school. New and current graduate Students of Color are invited to the reception at 7:00 pm for good food, great company and dancing!
Shift from Surviving to Thriving

GO-MAP Power Hours
Roadmap: Thriving in Graduate School, Tuesday, October 25th, 11:00 am – 12:30 pm
Owning Your Story, Changing Your Story, Thursday, November 17th, Noon – 1:30 pm
Room 126, Communications

The GO-MAP Power Hour Series provides opportunities for featured UW faculty and community leaders to discuss topics relevant to graduate student success and is geared towards minority and underrepresented students. While many of GO-MAP’s events are geared toward minority and underrepresented students, they are open to all graduate students, especially if students are interested in maintaining and increasing a racially diverse graduate student population and wish to network with graduate students of color.

GO-MAP Real Talk Tuesdays
11:30 am – 1:00 pm, Tuesdays
Center for Communication, Difference and Equity (Across from CMU 126)
RSVP if you would like lunch for the October 25th event: https://www.eventbrite.com/e/real-talk-tuesdays-tickets-26833497714

This event is for Graduate Students of Color. A safe space for you to discuss campus, regional and national issues impacting people of color: the frustration of being the only person of color in your graduate school classes; the injustice of our criminal justice system; the latest controversy sparked by Kanye and Kim. Get real about any and all of it with your fellow graduate students of color at Real Talk Tuesdays.

First Gen Grad Student Mixer!
Tuesday, October 25th, 12:30 pm – 1:30 pm
Location TBA
RSVP recommended, but not required, by e-mailing: cpinfo@uw.edu

Following the GO-MAP Power Hour, *first generation grad students are invited to attend this mixer to connect with other first generation grad student peers, build community, and enjoy free coffee and snacks! This event is hosted and sponsored by Core Programs in the Graduate School, in partnership with GO-MAP.

*First generation graduate students are individuals whose parents or guardians earned less than a Bachelor’s degree.

Grow Your Career and Professional Skills

Career Center & Internship Center
Room 134, Mary Gates Hall
For more events relevant to Graduate Students: http://careers.uw.edu/events/
Access downloadable career development resources for Graduate Students: http://careers.uw.edu/graduate-students/

The Career & Internship Center is proud to support the diverse career paths of graduate students at UW. We provide support in numerous ways, including workshops just for graduate students–visit our calendar for this quarter’s events, one-on-one career counseling and advising through same-day sessions and scheduled appointments, downloadable resources on topics ranging from academic CVs to networking at events, and opportunities and events to connect with alumni and employers. In addition, we offer assistance to graduate students on topics like networking, job search, exploring career options, finding internships, creating a professional online presence, researching employers, and negotiating salary.

Graduate Students: Turn Your CV Into A Resume
Wednesday, October 12th, 4:00 pm – 5:30 pm
Room 125, Thompson Hall
For event updates: http://careers.uw.edu/events/

If you are thinking of a job outside of academia, you’re probably going to need a resume. Bring your CV (1-2 paper copies for peer or facilitator review) and a laptop/tablet (to make edits) and get started on building a strong resume. This workshop is for graduate students and postdocs. No registration required.

Graduate Students: How to Talk to People at Networking Events
Tuesday, October 18th, 4:00 pm – 5:00 pm
Room 304, Smith Hall
For event updates: http://careers.uw.edu/events/

Planning to attend a networking event in the near future? Join fellow graduate students to learn the “what” and the “how” of talking to people at professional events. Topics include how to prepare, crafting a personal script, gracefully exiting a conversation, and more. This workshop is for graduate students and postdocs. Undergraduate students, please see our calendar of events for similar events. No registration required.

Graduate Students: Data Science Career Information Night
Tuesday, November 8th, 4:30 pm – 6:00 pm
Room 304, Smith Hall
Are you a graduate student or postdoc who is curious about data science? Not sure if your current graduate work would translate to industry data skills? If you do quant-intensive research, use R or Python a lot, love using statistics or even just like to code, check out this event! Watch data scientists from local companies give live demonstrations and learn about industry needs and roles. No prior knowledge of the field needed! This workshop is for graduate students and postdocs. No registration required.

**Graduate Students: Academic Interviews - Interviews**  
Wednesday, November 30th, 3:30 pm – 5:00 pm  
Room 105, Smith Hall  
For event updates: [http://careers.uw.edu/events/](http://careers.uw.edu/events/)

Interviewing skills are essential for landing a faculty job. Academic interviews are different than other types of interviews. Learn about faculty interviewing basics, tips for handling different types of interview scenarios, and suggestions for interview follow-up. Participants will also have time to begin crafting interview answers to common questions. This workshop is for graduate students and postdocs. No registration required.

**Workshops @ International Student Services**  
Room 459, Schmitz Hall

International Student Services hosts workshops on a variety of topics regarding employment before and after graduation, such as Introduction to F-1 Employment, Curricular Practical Training, Optional Practical Training, and etc. ISS also collaborates with campus partners to host workshops on How to File Tax and ISHIP insurance. Please check ISS website for more updated information: [http://iss.washington.edu/resources/workshops/](http://iss.washington.edu/resources/workshops/)

**Explore Funding Opportunities**

**Graduate Funding Information Service – Drop-In Advising and Workshops**  
Drop-In Hours, Mondays & Thursdays, 1:30 pm – 2:30 pm  
Consultation Studio, Research Commons, Allen Library South  
To access GFIS online funding information guides: [http://lib.washington.edu/commons/services/gfis](http://lib.washington.edu/commons/services/gfis)

GFIS works with current and admitted UW graduate students, helping them identify and locate funding opportunities for graduate school-related expenses including tuition, research, conference and research travel. Students can visit GFIS during drop-in advising hours, schedule individual appointments, or request information by email. Students can also visit the GFIS Funding Resources Guide and blog to learn about campus funding resources, databases, search strategies, and events. GFIS hosts workshops in the Research Commons, and works with UW departments to design discipline-specific workshops and resources for their graduate students.

**Workshop: Finding Funding for Graduate School**  
Wednesday, October 19th, 12:30 pm - 1:30 pm  
Green A, Research Commons, Allen Library South

Don’t let fall funding application deadlines pass you by! This Graduate Funding Information Service (GFIS) presentation will introduce current UW graduate students (Masters and PhD) to resources for finding fellowships, scholarships, grants, and employment to help finance graduate education, research, and travel. The workshop provides an overview of databases and search strategies for finding funding, as well as the timeline for applying for fellowships and grants.

**Office of Fellowships and Awards**  
G-1, Communications Building

The Office of Fellowships and Awards provides a number of services for the Graduate School, its departments, and students. Services may be grouped into administrative services and counseling/information services related to specific awards and fellowships (note: Please refer to the Graduate Funding Information Service in the Research Commons, if you are seeking general search guidance for a range of funding opportunities). The Office of Fellowships and Awards assists students by publicizing upcoming award deadlines, participating in the application process or administration of some campus-wide awards, and providing application support for a number of nationally competitive fellowships. See a list of well-known funding opportunities at [https://grad.uw.edu/graduate-student-funding/deadlines-workshops/](https://grad.uw.edu/graduate-student-funding/deadlines-workshops/). For general questions or to schedule an appointment, please contact gradappt@uw.edu or (206) 543-7152.

**Strengthen Your Writing, Research & Presentations**

**Scholars’ Studio – Equity Research @the Commons**  
Thursday, November 17th, 4:00 pm – 6:00 pm  
Presentation Place, Research Commons, Allen Library South

Hosted by the UW Libraries Research Commons and Core Programs in the Graduate School, Scholars’ Studio features a series of fast-paced lightning talks, on an interdisciplinary theme, that give graduate and professional students the opportunity to share research informally and get feedback.

Proposals due on Friday, October 28th, by 5:00 pm
Learn more about submitting a proposal: http://www.lib.washington.edu/commons/events/scholarsstudio/proposals

UW Libraries Research Commons

UW Libraries Research Commons – Writing, Design, and Research Consultations
Ground Floor, Consultation Studio, Allen Library South
Make an appointment or visit the Consultation Studio during Office Hours to get help on citing, funding, writing and design. You can also reserve or utilize workspaces, whiteboard tables, large screens, webconferencing equipment, camcorders and more! Visit http://commons.lib.washington.edu/

Digital Scholarship Project Help
Wednesdays, 2:00 pm – 3:30 pm
Consultation Studio, Research Commons, Allen Library South
http://www.lib.washington.edu/commons/events/calendar?trumbaEmbed=view%3Devent%26eventid%3D118601623

Working on a digital scholarship project? Get help with the following:
Describe your project. Learn about Libraries support options. Incorporate best practices. Determine next steps

Writing Consultations for Graduate Students
Dates & Times, TBA - http://www.lib.washington.edu/commons/services/writing
Consultation Studio, Research Commons, Allen Library South

The Odegaard Writing and Research Center (OWRC) offers afternoon drop-in consultations in the Research Commons for graduate students only. Tutors staffing these consulting hours are experienced in supporting graduate level research and writing at all stages for a wide range of academic and professional purposes (e.g., conference proposals, articles for publication, thesis or dissertation work).

Design Help Desk
Dates & Times, TBA – http://www.lib.washington.edu/commons/services/design
Collaboration Space, Research Commons, Allen Library South

The Design Help Desk offers free advice for members of the UW community who are seeking to improve their visuals for presentation and publication. Clients can bring any visual work related to their research or teaching—including figures, diagrams, data plots, presentations and posters—and receive help from a designer on staff. Supported by UW College of Engineering and the UW Design Division.

Choosing a Citation Management System that Works for You
To request citation management help: http://www.lib.washington.edu/static/public/commons/citation/
For general information about various citation management software: http://guides.lib.uw.edu/research/citations/citation-tools

Learn about three citation management systems: Refworks, EndNote Web and Zotero, that allow you to import, store and share your research citations and automatically format your bibliographies into whatever style you need (APA, MLA, Chicago and more). Hosted by the UW Libraries Research Commons.

Self-Care Resources

Counseling Center
Schedule an appointment by calling 206-543-1240 or visit 401 Schmitz Hall

The UW Counseling Center provides a safe environment to help students explore the challenges of life and learning through counseling, outreach, preventative programming, advocacy and consultation. The center provide personal counseling, career counseling and other services to currently-enrolled UW students. Group Counseling Options: Mindfulness Group; Culture, Diversity, and Belonging. Please visit http://www.washington.edu/counseling/ for more information on services and group counseling schedules.

Peer Health Educators
Visit by appointment only, M-F, 10:00 am – 3:00 pm
Room 109, Elm Hall
For more information: http://depts.washington.edu/livewell/phe/about/
To request a workshop: http://depts.washington.edu/livewell/phe/workshop-request/

The Peer Health Educators (PHEs) are a group of undergraduate and graduate student volunteers who facilitate workshops about health issues to groups all over campus. We provide workshops on Alcohol, Sex, and Consent, Green Dot Bystander Trainings, and sit on panels about healthy sexuality and wellness, and more. The PHEs are housed in the Office of Health & Wellness, under the Division of Student Life. Our program is proudly funded by our fellow students through the Services & Activities Fee.