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!

Tri-Campus Resources for Graduate Students
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 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.

Strategies for Graduate Student Success
http://grad.uw.edu/blog/category/core-programs-blogspot/

Core Programs shares quick tips for graduate student success in our bi-weekly newsletters. From peer mentoring to communicating with your faculty advisor to getting past barriers to writing, you’ll find 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.

Visit the Frye Museum
Thursday, January 19, 2017, 4:30 pm – 7:00 pm
Meet up at George Washington Statue near the Red Square @ 4:30 pm
Bring: U-PASS or money for transportation
There is no admission fee to visit the museum.

Let's have some art experience while visiting Frye Museum at Downtown! The Frye Museum is an art museum located in the First Hill neighborhood. There is no admission fee.

Wednesday Lunch
Wednesday, February 1, 2017, 11:30 am – 1:30 pm
South Ballroom, Husky Union Building
Drinks are free, but you must bring your own cup or mug—or pay $1.00 for a cup to get drinks.

Wednesday Lunch is the longest-running international gathering on the University of Washington campus! Join us once a month during the UW academic quarters for free food and great conversation. The lunch is open to all on campus, as well as anyone interested in promoting international understanding. FIUTS Wednesday Lunch is a wonderful place to meet people from all over the world and find out about what's happening at FIUTS.

FIUTS: Foundation for International Understanding Through Students

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/

MLK Day of Service
Monday, January 16, 2017, 9:00 am – 2:00 pm
Contact organizer Mike Grenkovich at vetlife@uw.edu

Join your fellow student veterans this year for Martin Luther King Day of Service. The Husky veterans and Student Veteran Life teams will give back by helping a local veteran service project in our local community. Jobs are both outside and inside and require only that you bring your own work gloves. All volunteers will meet at the UW Light Rail/Link Station Parking lot for carpool options.

Shift from Surviving to Thriving

First Gen Grad Student Social!
Thursday, January 26th, 12:30 pm – 2:00 pm
Simpson Center, Communications Building (2nd Floor)
This event is free. Enjoy light foods and refreshments!

First generation graduate students* are invited to attend this semi-structured social to connect with other first generation grad student peers and build community. *First generation graduate students are individuals whose parents or guardians earned less than a Bachelor’s degree.

This event is sponsored by Core Programs in the UW Graduate School.

GO-MAP Power Hours
Classroom Culture as a Teaching Assistant of Color, Thursday, January 12, 2017, 12:00 pm – 1:30 pm

The Imposter Syndrome, Date & Time TBA
Self-Care in Graduate School, March 2, 2017, 12:00 pm – 1:30 pm
Power Hours held in Room 126, Communications Building
For more information: gomap@uw.edu

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
Tuesdays, January 24th, February 14th, and February 21st, 11:30 am – 1:00 pm
Room 129, Communications Building

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.

Grow Your Career and Professional Skills

Thinking Expansively About Careers in Public Service – For Grad Students & Postdocs in the Humanities and Social Sciences
Thursday, January 19, 2017, 5:00 pm – 7:00 pm
Panel Presentation, 5:00 pm – 6:00 pm
Networking Reception, 6:00 pm – 7:00 pm
Room 145, Husky Union Building
*Free and no registration required. Space is limited.*

Open to current UW Graduate Students & Postdocs in the Humanities & Social Sciences, this event is an opportunity to:

- Explore various career paths in the broad field of Public Service
- Learn how to enhance their job marketability
- Develop connections with Public Service professionals who have earned graduate-level degrees
- Enjoy snacks and beverages during the networking reception!


Sponsored by Core Programs in the Graduate School, in collaboration with the Career & Internship Center.

Translating Research Into Career Opportunities – For Grad Students, Postdocs, & Researchers in the STEM Fields
Wednesday, March 1, 2017, 5:00 pm – 7:00 pm
Panel Presentation, 5:00 pm – 6:00 pm
Networking Reception, 6:00 pm – 7:00 pm
Room 334, Husky Union Building
*Free and no registration required. Space is limited.*

This event is designed to be an opportunity for current UW Graduate Students, Postdocs, and Researchers to:

- Explore STEM career paths in non-profit, private industry, and government sectors
- Learn how to enhance their job marketability
- Develop connections with STEM professionals who have earned graduate-level degrees
- Enjoy snacks and beverages during the networking reception!


This event is a partnership between Core Programs in the Graduate School, Career & Internship Center, and the Institute of Translational Health Sciences.

Career Center & Internship Center
Room 134, Mary Gates Hall
For more events relevant to Graduate Students: http://careers.uw.edu/events/
Download career development tips 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 CV’s 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.

Exploring Options Through Interests
Wednesday, January 11, 2017, 2:30 pm – 4:00 pm
Room 134, Mary Gates Hall

In this session we’ll be creatively exploring possible career interests. Expect to be writing, talking, and drafting ideas plus building an action plan for future exploration. This workshop is open to graduate students and postdocs. No registration required.

How to Talk to People at Networking Events
Wednesday, January 18, 2017, 4:00 pm – 5:00 pm
Room 205, Smith Hall

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.

UW Career Center

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/

University of Washington International Student Services (ISS)

Explore Funding Opportunities

Graduate Funding Information Service – Drop-In Advising and Workshops
Drop-in Hours: Tuesdays & Thursdays, 1:30 pm – 2:30 pm, or schedule an appointment by contacting gsis@uw.edu
General Info.: http://www.lib.washington.edu/commons/services/gsis
Consultation Studio, Research Commons, Allen Library South
To access GFIS online funding information guides: http://lib.washington.edu/commons/services/gsis

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.

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/. For general questions or to schedule an appointment, please contact gradappt@uw.edu or (206) 543-7152.

Strengthen Your Writing, Research & Presentations

Scholars' Studio – Advocacy Research @the Commons
Proposals Due: Friday, January 27th, by 5:00 pm
Submit a proposal: http://www.lib.washington.edu/commons/events/scholarsstudio/proposals/submission

Event Date: Thursday, February 16th, 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.

UW Libraries Research Commons

Writing Consultations for Graduate Students
Thursdays, 1:30 pm – 4:30 pm
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).

**Digital Scholarship & Data Visualization Help Office Hours**

Wednesdays, 2:00 pm – 3:30 pm  
Consultation Studio, Research Commons, Allen Library South  
For more information:  [http://www.lib.washington.edu/commons/services](http://www.lib.washington.edu/commons/services)

*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.

Also during these walk-in hours, get help with Data Visualization and start your digital scholarship project off right by talking it through and getting ideas from us. Consultations are open to all UW students, faculty, and staff and are available on a walk-in basis. Come see us!

**Design Help Desk**

Thursdays, 2:00 pm – 4:00 pm  
Collaboration Space, Research Commons, Allen Library South  
More information: [http://www.lib.washington.edu/commons/services/design](http://www.lib.washington.edu/commons/services/design)

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**


For general info. about various citation management software: [http://guides.lib.uw.edu/research/citations/citation-tools](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**

**Taking Care of Yourself This Winter**  
[https://grad.uw.edu/taking-care-of-yourself-this-winter/](https://grad.uw.edu/taking-care-of-yourself-this-winter/)

Every quarter, Core Programs sends out a graduate student newsletter on a bi-weekly basis with tips and strategies for making the most of your grad student experience. Follow the link above for tips on how to care of yourself during the winter quarter.

**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/](http://www.washington.edu/counseling/) for more information on services and group counseling schedules.

**Peer Health Educators**

Appointment times, TBA  
Room 109, Elm Hall  
For more information: [http://depts.washington.edu/livewell/phe/about/](http://depts.washington.edu/livewell/phe/about/)


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.

**King County Mental Health Services**


Phone Number: 1-800-790-8049

King County provides publicly funded mental health services to low-income people in need. To find out if you qualify for King County Mental Health Services, see who we serve. Even if you do not qualify for our mental health services, you can find out about other low-cost mental health service providers.