Making the Most of Your Graduate Experience with an Individual Development Plan

Utilize an Individual Development Plan (IDP) to help you set goals and be more intentional about the experiences you have in your training. The IDP can provide key steps to head you in the right direction. The best goals are SMART: specific, measurable, achievable, relevant, and timely. They should also be aspirational, and move beyond merely a “to do” list that becomes burdensome. Here are few guiding questions from the UW Graduate School’s IDP: What is your overall career goal? Are there relationships with mentors, advisors or faculty that you hope to cultivate? Are there things you could do to make your life more balanced? Where do you feel energized in your work and your life? Access the full IDP at http://www.grad.washington.edu/profdev/IDP.docx

Shifting from Surviving to Thriving

Core Programs at the Graduate School provides resources and experiences aimed at success for both graduate students and postdoctoral fellows. Our programs focus on necessary skills and capacities that help contribute to flourishing from the moment you enter to the time you transition successfully into a career of your choosing. In collaboration with our partners across campus, we host workshops, events, presentations and online resources that are free of charge to all students and postdocs. For any questions or comments for Core Programs at the Graduate School, please email Jaye Sablan, Core Programs Coordinator, at cpinfo@uw.edu and visit our website for online resources and links to our partners for even more events. Program Page: http://www.grad.uw.edu/profdev

Looking for a Dynamic Place to Do Your Work?

Located on the ground floor of the Allen Library South, the Research Commons provides a collaborative space for you to work, meet with students, practice presentations, and utilize whiteboards and large plasma screens. Explore the Commons and reserve a space at: Program Page: http://commons.lib.washington.edu Facebook: https://www.facebook.com/UWResearchCommons?fref=ts Twitter: @uwrescommons

Finding Your Community

There are a diverse range of programs that can support you in finding your community, your people. Below are just a few examples:

The Graduate School’s Graduate Opportunities – Minority Achievement Program (GO-MAP) is committed to serving the needs of students of color and underrepresented groups. GO-MAP strives to foster an educational and social environment in which all students can learn and develop through experiences rich in cultural, ethnic, and racial diversity. They host quarterly receptions for community building and networking as well as Power Hour lunches in which guest faculty and community partners address a variety of topics aimed at student success in graduate school. Program Page: grad.washington.edu/gomap Facebook: https://www.facebook.com/UWgomap?fref=ts Twitter: @UWgomap

The Q Center is a fierce primarily student run resource center dedicated to serving anyone with or without a gender or sexuality: UW students, staff, faculty, alum, and community members. They host and support student groups, put on regular programming events, house a lending library, and amplify student voices on their Student Blog. Explore their website for more information or stop by the Husky Union Building, Room 315. Program Page: http://depts.washington.edu/qcenter/wordpress

Rainbow Grads is a registered student organization whose mission is to spread awareness of issues facing LGBTQ grads and professional students. They sponsor events to foster social, academic, and professional development. To join, or get more information, contact rbgrads@uw.edu. Facebook: https://www.facebook.com/RainbowGrads

FIUTS (The Foundation for International Understanding Through Students) connects university students to local and global communities through programs that build international awareness, cross-cultural communication, and informed leadership. Based on campus at UW Seattle, 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. FIUTS is located in the Husky Union Building, Room 206 or visit this website for more information: http://www.fiuts.org/ Twitter: @FIUTS

Growing Your Teaching Skills

The Center for Teaching and Learning (CTL) promotes student learning by supporting and strengthening the UW teaching community. In collaboration with campus partners, the Center works with faculty members, teaching assistants, graduate instructors, staff educators, post-doctoral students, and multi-disciplinary groups of instructors to share knowledge of evidence-based best practices and innovation on teaching, learning, and mentoring. The CTL has wonderful online resources dedicated to teaching and provides individual consultations on an array of topics: http://www.washington.edu/teaching/teaching-resources/ To learn more information about their services visit: http://www.washington.edu/teaching/about-the-ctl/ctl-services/ Facebook: https://www.facebook.com/pages/UW-Center-for-Teaching-and-Learning/239518879445464?fref=ts Twitter: @UWCTL
Launching Your Careers

The Career Center offers numerous resources open to grad students – workshops, events, career counseling, and job fairs on campus as well as provides excellent online resources for putting together a job portfolio, networking, getting letters of support, etc.

Program Page: careers.washington.edu/GradStudents

Facebook: https://www.facebook.com/TheUWCareerCenter?fref=ts

Twitter: @UWCareerCtr

ONLINE RESOURCES

Presentation Skills
Want to learn how to develop a lightning-fast talk based on your research? Interested in presenting your research in an accessible manner across disciplines? Access the Scholars’ Studio presenters’ guide, developed by the UW Libraries Research Commons, and find out how!
Visit: http://guides.lib.washington.edu/content.php?pid=650240&sid=5386038

Identify Your Strengths & Transferable Skills
As graduate students, you will be developing many skills that are useful within, and across, fields and industries. It is important to identify your career strengths in order to get the most out of your graduate education. It is also important to recognize and highlight your transferable skills. For example, whether you’re writing a seminar paper, thesis or dissertation, you’re honing clear writing skills, the ability to analyze and synthesize complex information, and manage a project. Access the following links to learn more about identifying your career strengths and transferable skills.
Identifying Your Strengths: https://careers.washington.edu/sites/default/files/all/Pages%206-9%20from%202013-2014_Career_Guide.pdf
Transferable Skills: http://careerplan.commons.gc.cuny.edu/transferable-skills/

DROP-IN HELP & CONSULTATIONS

Graduate Funding Information Service Advising
Research Commons, Allen Library South, Consultation Studio. Check dates and times on website.
The Graduate Funding Information Service (GFIS) helps current UW graduate students identify and use different resources to locate funding opportunities for expenses including tuition, research, and conference and research travel.
Visit: http://commons.lib.washington.edu/services/gfis

Design Help Desk
Research Commons, Allen Library South, Collaboration Space. Check dates and times on website.
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 the UW College of Engineering and the UW Design Division.
Visit: http://depts.washington.edu/deshelp

Citation Management Help
Research Commons, Allen Library South. By appointment.
The Research Commons offers support for the ReWorks, Zotero, EndNote Basic, and Mendeley citation tools. Get advice on choosing a citation manager, exporting citations to one of those systems, troubleshooting citation management issues on your laptop, and more.
Visit: http://commons.lib.washington.edu/services to schedule an appointment.

Writing Consultations for Graduate Students
Research Commons, Allen Library South, Consultation Studio. Check dates and times on website.
The Research Commons offers writing consultations for graduate students. Tutors at these consultation 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).
Visit: http://commons.lib.washington.edu/services

International Student Services (ISS)
Schmitz Hall, Room 459. Monday-Friday > 10 a.m. – 4 p.m.
ISS provides support to UW international students so that they may reach their educational goals. Advisors can clarify the benefits and restrictions of F-1 and J-1 visa statuses, as well as other related questions. Visit: http://iss.washington.edu/

STAY IN TOUCH!

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@UWGradSchool
@UW_GPSS