SMART START FOR GRAD SCHOOL

Workshop Series, Fall Semester 2014

Tuesdays, 3:30 – 5:00pm
(September 23, 30, October 7, 14, 21, 28)
C4C N215

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This workshop series is designed to help graduate students develop concrete skills early in your academic related to balancing your work and social life, time management, and study skills. We will also hone skills in research and reviewing literature, help you develop strategies to keep track of what you read and improve your writing skills.

Contact Dina Kriakova (CAPS) at dina.kriakova@colorado.edu or Megan Bresnahan (University Libraries) at megan.bresnahan@colorado.edu for more information.

Learning Objectives

In these discussion-based sessions, participants will:

- Develop essential skills for success in graduate school including time and stress management;
- Identify an informal community of other graduate students to discuss issues related to starting graduate school;
- Gain a sophisticated familiarity with the library services that are available to support learning and research in graduate school including literature reviews, citation management, and research data skills
- Familiarize yourself with the research landscape and scholarly communication practices of your discipline

September 23rd

Session I: Smart start skills for adapting to graduate school

Description: This session will expose participants to skills for adapting to graduate school, setting successful goals, establishing productive relationships with professors and advisors, and finding scholarly information through the library. Basic information to get you started at CU!

September 30th

Session II: Managing your time and curbing your procrastination
Description: In this session, participants will practice skills and learn about tools to manage their time effectively and reduce behaviors such as avoidance and procrastination. Participants will also learn how to effectively find and evaluate scholarly literature in their disciplines.

**October 7th**

**Session III: Skills for studying, writing, and researching**

Description: Participants will identify and discuss practical tools and skills for effective studying and writing. They will also explore tools for staying organized, managing information and staying current in their discipline.

**October 14th**

**Session IV, Part A: Staying happy in graduate school: Skills for creating life balance and managing stress**

Part B: Research Data Management for your thesis work

Graduate school places a significant burden on your life in terms of your intellectual and social energy. Learning to manage stress and create balance in your life when graduate school can be so demanding is essential for success and personal sustainability. This session will equip participants with strategies relating to coping with stress, workloads, social life, and personal relationships.

In the second part of this session, participants will learn about services and support for the management of research data related to your research to facilitate accountability, consistency, and efficiency related to this type of work in graduate school. Learn how these strategies can increase the impact and visibility of your work!

**October 21st**

**Panel of graduate students: What I wish I had known about graduate school from the very start**

Description: This session will provide an opportunity for you to ask questions of other graduate students who have already finished their Masters or PhD work at CU successfully. Learn from their mistakes and successes!

**October 28th**

**Next steps for succeeding in graduate school: final wrap-up**

Description: In this final session, participants will revisit their goals when they entered graduate school and discuss strategies for moving forward successfully and staying connected as a “Smart Start” community.