

# GRADUATE STUDENTS

2016 – 2017 | UW Seattle Campus

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UNIVERSITY of WASHINGTON

CORE PROGRAMS

The Graduate School

## ***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 [https://grad.uw.edu/wordpress/wp-content/uploads/IDP\\_Revised2016.docx](https://grad.uw.edu/wordpress/wp-content/uploads/IDP_Revised2016.docx)

## ***Shifting from Surviving to Thriving***

Core Programs in the Graduate School shares resources and experiences aimed at success for graduate students, professional students, and postdoctoral fellows. Our programs focus on necessary skills and capacities that help contribute to you flourishing from the moment you enter the UW to the time you transition into a career of your choosing. In collaboration with campus partners, we host workshops, events, presentations, and online resources that are free of charge. Send questions or comments to Jaye Sablan, Core Programs Coordinator, at [cpinfo@uw.edu](mailto:cpinfo@uw.edu). \*Lookout for our bi-weekly e-newsletter that reaches all graduate and professional students at all three UW campuses.\* Also, visit our website for online resources and links to our campus partners for even more events. Home Page: <https://grad.uw.edu/for-students-and-post-docs/core-programs/> Facebook: [Core Programs at UW](#) Twitter: [#UWGradSuccess](#)

## ***Graduate Student Lounge***

Open for a year now, the Graduate Student Lounge is a quiet space to study, hold meetings, or host small events. The total capacity is 15-20 persons. This space is hosted by the Graduate School and located on the 3<sup>rd</sup> floor of Loew Hall, Room 322. \*There is a sign-up sheet, and the room is available throughout the year on a first-come, first-served basis.\* Open 8 am – 5 pm, Monday through Friday.

## ***Looking for a Dynamic Place to Do Your Work?***

Located on the ground floor of Allen Library South, the **Research Commons** provides a collaborative space for you to work, meet with peers, 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: [UW Libraries Research Commons](#) Twitter: [@uwrescommons](#)

## ***Finding Your Community***

There are graduate student organizations and campus-wide programs that can support you in finding your community, your people. Contact Core Programs at [cpinfo@uw.edu](mailto:cpinfo@uw.edu), if there's a group you are seeking or for referrals and strategies on how to start your own registered student organization. Below are a few examples of campus-wide centers that support a diverse range of graduate and professional students:

**Grads Guiding Grads (G3)** is a peer mentoring program for graduate and professional students, run by the Graduate and Professional Student Senate, in consultation with Core Programs in the Graduate School and the Counseling Center. Through one-on-one sessions, mentors volunteer their time to provide an empathic ear to fellow graduate and professional students on topics that affect us all. While mentors indicate interest in providing perspective and feedback around particular issues, the program is meant to pair students across disciplines and communities, and provide the opportunity to get advice from a fresh perspective. \*This program is not a clinical intervention, nor is it a replacement for the services of licensed mental health professionals.\* Request a mentor or apply to be a mentor here: <http://depts.washington.edu/gpss/content/grads-guiding-grads-g3> Facebook: [UW Grads Guiding Grads](#)

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: <https://grad.uw.edu/diversity/go-map/> Facebook: [GO-MAP at UW](#) 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, have a queer and trans peer mentoring group, put on regular events programming, 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>

**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 at UW Seattle, FIUTS programs create a community of International and American students, members of the local community, and alumni around the world. FIUTS is located in the Husky Union Building, Room 206 or visit this website for more information: <http://www.fiuts.org/> Twitter: [@FIUTS](#)

**Veteran Student Life** was established in 2015 as a unit for student veterans founded by student veterans. The office is home to a staff of skilled veterans that can help you navigate the UW. From campus locations to student resources, they are able to serve student veterans at any point in their college experience. Home Page: <https://depts.washington.edu/vetlife/>

### ***Disability Resources for Students***

**Disability Resources for Students (DRS)** is dedicated to ensuring access and inclusion for all students with disabilities on the Seattle campus enrolled in our undergraduate, graduate, professional, Evening Degree and Access programs for over 38 years. DRS serves approximately 2,000 students with either temporary or permanent physical, health, learning, sensory or psychological disabilities. Students partner with our office to establish services for their access and inclusion on campus. More info. here: <http://depts.washington.edu/uwdrs/>

### ***Housing and Food Services (HAFS)***

UW graduate school is a challenge that requires you to prioritize those things most important to your academic success. Our graduate student housing system is built with your specific needs in mind. We've provided housing for UW students as long as there's been a UW, and we're here for you. Graduate Housing Options: <https://www.hfs.washington.edu/housing/Default.aspx?id=184#gsc.tab=0>

### ***Launching Your Careers***

The **Career Center** offers many resources open to grad students – workshops, events, career counseling, and on-campus job fairs, in addition to excellent online resources for putting together a job portfolio, networking, getting letters of support, etc. For more information, contact Catherine Basl, Career Counselor for Graduate Students, at [cbasl@uw.edu](mailto:cbasl@uw.edu). Workshop Calendar: <http://careers.washington.edu/Calendar> Online Resources for Graduate Students: [careers.washington.edu/GradStudents](http://careers.washington.edu/GradStudents)  
Facebook: [UW Career Center](#) Twitter: [@UWCareerCtr](#)

### ***Identify Your Career Strengths, Transferable Skills, & More***

As graduate and professional students, you will develop 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 large writing project**. Access the following links to learn more about identifying your career strengths, how to do informational interviews, utilize LinkedIn, do job searches, and write resumes and CVs. UW Career Center Guide: [https://careers.washington.edu/sites/default/files/all/Pages%206-9%20from%202013-2014 Career Guide.pdf](https://careers.washington.edu/sites/default/files/all/Pages%206-9%20from%202013-2014%20Career%20Guide.pdf)  
Transferable Skills: [http://www.cirtl.net/files/CH\\_CIRTLSkills%20and%20Qualities.pdf](http://www.cirtl.net/files/CH_CIRTLSkills%20and%20Qualities.pdf)

### ***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. \*For the latest funding information opportunities, sign up for the GFIS blog here\*: <https://grantsandfundinginformationserviceblog.wordpress.com/about-gfis/>  
Home Page: <http://commons.lib.washington.edu/services/gfis>

### ***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 Research Commons, and find out how!  
Visit: <http://guides.lib.washington.edu/content.php?pid=650240&sid=5386038>

### ***Public Speaking Skills***

The UW Speaking Center offers a space for speech practicing. Students can sign up online to schedule a tutor. During an appointment, students can do a practice session where they can record their speech and receive feedback. More information here:  
<http://www.com.washington.edu/speaking-center/>

### ***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.  
Home Page: <http://depts.washington.edu/deshelp>

### ***Citation Management Help***

**Research Commons, Allen Library South.** By appointment.

The Research Commons offers support for the RefWorks, 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://guides.lib.uw.edu/research/citations/citation-tools> for an online comparison of tools and to request help.

### ***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 in collaboration with the Odegaard Writing & Research Center. 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/dropin/writing>

To find useful writing guides and tips visit: <https://depts.washington.edu/owrc/docs.php>

### ***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/>