

31 TIPS FOR THRIVING IN GRADUATE SCHOOL

- 1: BEGIN BY ACCEPTING THAT THRIVING IS POSSIBLE.
- 2: FIND A RHYTHM OF GRADUATE SCHOOL, WORK, AND LIFE OUTSIDE GRADUATE SCHOOL.
- 3: SEEK AND FIND SUPPORTIVE COLLEAGUES AND TAKE TIME TO BE WITH THEM.
- 4: KNOW THAT YOU CAN SAY NO.
- 5: GUARD YOUR TIME.
- 6: COMMUNICATION IS KEY: COMMUNICATE CLEARLY, DIRECTLY, AND HONESTLY.
- 7: WORKING HARD IS INTEGRAL, BUT BEING TIRED SHOULD NOT BE WORN AS A BADGE OF HONOR.
- 8: MAKING PROGRESS SHOULD BE THE GOAL, AND STEPS CELEBRATED.
- 9: DON'T GIVE UP THE POWER YOU HAVE OVER YOUR LIFE. MAKE CHOICES AND EXERCISE CONTROL (AGENCY).
- 10: KNOW THAT YOU ARE NOT ALONE, AND REACH OUT TO OTHERS.
- 11: CARVE OUT TIME DAILY JUST FOR YOU.
- 12: THERE WILL BE TOUGH DAYS. HARD WORK AND PERSEVERANCE ARE NEEDED. YOU CAN DO IT!
- 13: THREE IMPORTANT THINGS: SLEEP, EAT WELL, AND EXERCISE. ESPECIALLY SLEEP. DON'T SACRIFICE HERE.
- 14: MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH. TAKE CARE OF ONESELF.
- 15: SOMETIMES IT MIGHT BE HELPFUL TO "VENT." SO, VENT IN A SAFE PLACE, AND THEN MOVE ON.
- 16: KNOW WHERE TO FIND YOUR COMMUNITY, AND FIND THEM REGULARLY
- 17: FAILURE IS AN IMPORTANT PART OF LIFE AND SUCCESS. WHEN IT HAPPENS, DON'T TAKE IT PERSONALLY.
- 18: GRADUATE STUDENT JOURNEYS ARE INDIVIDUAL. DON'T COMPARE, AND FOLLOW YOUR PATH.
- 19: VALUE CRITIQUE AND ADVICE. HEAR WHAT COLLEAGUES AND MENTORS HAVE TO SAY.
- 20: IT IS YOUR EDUCATION. IT IS YOUR DEGREE. BE ACTIVELY ENGAGED AND OWN THE PROCESS.
- 21: BELIEVE IN YOURSELF. YOU CAN DO THIS! YES, YOU CAN.
- 22: TAKE A MOMENT – BREATHE.
- 23: TAKE TIME TO "FIDDLE WITH IDEAS" – EXPLORE, ENGAGE, AND ENJOY!
- 24: EMBRACE COMMUNITY AS SAFE AND BRAVE SPACE. SILENCE IS THE VOICE OF COMPLICITY.
- 25: LAUGHTER IS GOOD FOR YOU. AND SO IS KEEPING A GOOD SENSE OF HUMOR.
- 26: GOALS ARE IMPORTANT FOR PROGRESS. SET LONG TERM AND SHORT TERM GOALS. REVIEW REGULARLY.
- 27: DON'T WRITE A SCRIPT ABOUT THINGS TO COME. BE ATTENTIVE AS THE JOURNEY UNFOLDS AND FOLLOW.
- 28: YOU MIGHT NOT HAVE ALL THE INFORMATION YOU NEED OR WANT. IT IS OK TO ASK QUESTIONS. ASK!
- 29: LEARN THROUGH ACTIVE LISTENING AND OBSERVING. ALSO, LOOK FOR THE "UNOBVIOUS."
- 30: CHANGE RHETORIC AND REALITY FROM SURVIVING TO THRIVING IN GRADUATE SCHOOL.
- 31: IT'S HARD TO THRIVE WITHOUT A MENTOR. FIND AT LEAST ONE, MAYBE MORE THAN ONE.



BY: KAREN DEPAUW, PHD
VICE PRESIDENT AND DEAN FOR GRADUATE EDUCATION 2002-2021