

# Your Guide to Nailing Graduate School

## CHOOSE THE RIGHT PROGRAM

- Research various programs to find one that aligns with your interests, career goals, and learning style
- Look for reviews and rankings of graduate programs in your field of interest
- Attend virtual events and webinars to learn more about specific programs, ask questions, and interact with faculty and current students
- Connect with current students and alumni of the programs you're interested in
- Arrange campus visits to get a firsthand look at the facilities, resources, and atmosphere of the graduate programs you're considering

## PREPARE WELL FOR APPLICATION

- Start preparing for graduate school applications well in advance (e.g. studying for standardized tests, gathering recommendation letters, drafting your personal essay)
- Pay close attention to the admission requirements, application deadlines, and procedures for the program
- Craft a compelling personal statement
- Tailor your application materials for each program
- Ensure you meet all prerequisites and submit your application materials on time

## BUILD RELATIONSHIPS

- Get involved in student organizations and clubs and actively participate in classes and seminars; take advantage of departmental colloquia, workshops, and social events
- Identify potential mentors among faculty members, senior graduate students, and professionals in your field; reach out for guidance, advice, and support
- Collaborate with those in your lab on research projects, publications, and grant proposals; seek out interdisciplinary collaborations, as well
- Share your research findings by publishing papers and presenting at conferences; don't forget to join professional associations and societies relevant to your discipline
- Use professional networking platforms like LinkedIn to build your online presence
- Remain open to new opportunities and experiences

## TAKE ADVANTAGE OF RESOURCES

- Take advantage of the extensive collections of books, journals, databases, and other materials available in your university's library; utilize your librarians
- Participate in workshops, seminars, and training sessions on academic and professional skills, such as research methods, academic writing, presentation skills, and time management
- Explore interdisciplinary workshops and seminars that expose you to diverse perspectives and methodologies
- Make sure to familiarize yourself with your university's research facilities
- If you need assistance with academic writing, grammar, or citation styles, consider visiting your university's writing center

## TAKE CARE OF YOURSELF

- Practice stress-management techniques
- Take breaks throughout the day to recharge and prevent burnout
- Exercise regularly
- Ensure adequate rest
- Maintain connections with friends, family, and peers who offer encouragement and guidance (your support system)
- Don't hesitate to seek professional support if you're struggling with mental health issues such as anxiety, depression, or stress; universities often provide counseling services for students, and community resources are available
- Avoid overcommitting yourself and learn to say no when necessary

## LOOK FORWARD

- Explore job boards, online databases, and alumni networks provided by your university's career services office
- Participate in career workshops, networking events, and employer panels organized by the career services office
- Develop the skills and experiences needed for your desired career path
- Seek guidance from career services
- Attend workshops on job search strategies
- Ask for help from a career guidance counselor in constructing your CV or resume