

Making the Most of your Graduate School Experience

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Navigating Graduate School

- ◆ Understand program requirements and research project early
 - ◆ Funding, Program duties, Course work
- ◆ Build a good working relationship with your research advisor
- ◆ Establish a committee as soon as possible
- ◆ Manage your time and set completion goals
- ◆ Graduate School is not a 9-5

Strategies to help you Succeed

- ◆ Self Confidence
- ◆ Identify a support system-Mentor
- ◆ Teach yourself
 - ◆ Read manuscripts, Attend conferences
- ◆ Learn from your lab group
- ◆ Get involved in extracurricular activities
- ◆ Reward yourself