



### Tips for Thriving in Graduate School

1. Be proactive! Take responsibility for your graduate school experience.
2. Make short- and long-term goals. Strive to follow them.
3. If you've had to change your life to begin your graduate program, be patient with yourself as you re-adjust.
4. Know your program and the university. Double check deadlines, requirements, policies, etc.
5. The Graduate Catalog is one of your guides as you progress through your program. You'll find it online at <https://gradschool.siu.edu/about-us/grad-catalog/>
6. Participate. Your ideas, talents, and skills benefit everyone when you share them. We're all here to learn from each other.
7. Do your own work with honesty and integrity. It always pays off to do the right thing, even when it is difficult.
8. Communicate with your faculty advisor.
9. Visit your course instructors during their office hours.
10. Get to know the other students in your classes and student organizations. Participate in study groups when possible. Graduate students can learn a lot from each other.
11. Accept feedback and criticism as learning opportunities.
12. Remember that you are a member of your greater academic field. In addition to your courses, attend optional lectures and events. Reach out to faculty and your fellow graduate students.
13. Mentor undergraduates in your field. Set a good example for them.
14. Care for your health. Strive for balance in your life between work and leisure.
15. Add leisure and professional development to your schedule by attending events and lectures, joining clubs and organizations, participating in community service, etc.
16. Keep humor and laughter in your life. This is important work, but we can't be serious all the time.
17. Keep going when you feel overwhelmed or frustrated. Persistence is key to meeting your goals.
18. If you encounter a problem, research solutions online and in course materials, and ask questions of the people who are on campus to assist you: your advisor, program staff, course instructor, wellness counselor, etc.

Visit <https://gradschool.siu.edu/current-students/> for a comprehensive collection of resources for current SIUC graduate students, including a link to your STUDENT MANUAL.

The Graduate School is here for you! Visit our website <https://gradschool.siu.edu/>; call 618-536-7791; email [gradschl@siu.edu](mailto:gradschl@siu.edu); or visit us in person on the third floor of the Student Services Building.

Welcome to SIU Carbondale!