Navigating Academia: A workshop for First-Generation Graduate Students

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• 1st Gen students are less likely pursue advanced, even when accounting for race, gender, family income, and GPA.

• Ugrad. debt is a significant barrier.

• Increased risk of Imposter Syndrome
Poll #1

What concerns have you experienced during graduate school?

*Click the link in chat to take quick poll*

https://gsugraduateprograms.wufoo.com/forms/poll-1-navigating-academia1st-gen-student/
## Strategies for Success

<table>
<thead>
<tr>
<th>Develop</th>
<th>Develop solid study habits</th>
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<tbody>
<tr>
<td>Seek</td>
<td>Don’t over do classes-seek good advice on curriculum</td>
</tr>
<tr>
<td>Go</td>
<td>Go to Professional Development Workshops for Grad Students</td>
</tr>
<tr>
<td>Ask</td>
<td>Ask for help as soon as you need it</td>
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</tbody>
</table>
| Visit         | Visit all Graduate Student Resource Centers & Services  
  - Graduate School, CETLOE, DEI website, Writing Studio, Library, Student Organizations |
Tips for Success

• Treat Grad School Like a Career!!!
• Manage “Unstructured Time”
• “Adjust to being scholar among scholars”
• Move focus away from classes (Research/Prof. Dev)
• Be willing to work hard & do what it takes
• Volunteer within reason
• Organize yourself/protect your time
• Network & attend conferences (when ready)
• Forming relationships (faculty & cohort)
• Be visible in the department (set office-hours, respond to emails quickly)
• Be familiar with Departmental Politics among faculty, staff & graduate students
Questions or Ideas to Share
Fighting Imposter Syndrome

- Capacity to succeed = involvement and aspiration (Pascarella et al., 2004; Strayhorn, 2006)
- Celebrate sm(all) wins
- Change the scripts
- Use social support networks (even if they must be virtual)
Managing Financial Challenges

- Budgeting
- Increasing competitiveness for assistantships and fellowships
- Consider the ROI-work efficiently
Learning a New Language (actually two)

- The language of scholarship
- The language of academia - navigating the hierarchy
Getting the Mentoring you Need

- Multiple mentors
- Taking initiative
- Maintaining mentoring relationships
- Pay it forward
GSU Graduate School  
https://graduate.gsu.edu/

Transitioning to Graduate School  

Resources:

Atlanta Graduate Student Housing Network  
https://www.facebook.com/groups/101782563846451/

Student Organizations
GSU BGSA  
https://pin.gsu.edu/organization/black-graduate-student-association

GSU Latinx Student Services  
https://success.students.gsu.edu/latinx-outreach/

NBGSA  
https://mynbgsa.wordpress.com/
Questions