Surviving and Thriving at GSU
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Balancing Research & Classes

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Associate Provost for Graduate Programs
Distinguished University Professor of Psychology
Tips & Strategies

• Set Goals, Planning from the Endpoint Back
• Use To Do List - Prioritize
• Break Tasks into Manageable Pieces
• Adapt to Your Clock
• Exploit Opportunities
Tips & Strategies cont…

• Don’t Reinvent the Wheel
• Use Your Department, College and University Resources
• Rest and Play
• Cultivate and Maintain Relationships (Play Nicely with Others)
• Be Thick-Skinned and Persistent
Surviving and Thriving at GSU

Balance is the Key to Life
Graduate Student Alliance

We are an organization devoted to graduate student advocacy and improvement of the overall experience.

Officers:

President: Danielle Carmody (Anthropology)
Vice-President: Sara Gardner (Anthropology)
Treasurer: Kimberly Erukuunuakpor
Secretary: Saskia Verkiel, (Neuroscience)
Information: Eric Semmel (Clinical Neuropsychology & Cognitive Neuroscience)
Graduate Student Alliance

Regular Activities:

Sponsor and support graduate events, conferences, and workshops.
Meet with administration

Past Accomplishments:

Co-sponsored preferred name memorandum
Advocated for graduate space in Library reconstruction plan
Graduate Student Alliance

Priorities for 2018-2019:

- Continued increase for graduate student research support
- Alleviate costs and difficulties of housing, parking, and transportation
- Additional support for international students
- Finalize the Graduate Parental Leave Policy
Helpful reminders:

- Get to know your departmental faculty quickly as they will help support your fellowship and grant applications.
- Apply for grants/fellowships
- Stay active in your field: attend and present at conferences, join professional organizations, participate in your own department’s lectures and events.
- Fight ‘Imposter Syndrome’
Graduate Student Alliance

Advice for International Students:

▪ Stay connected with the International Student Office for updates on visa and travel policies.
▪ International students have an alternate option for health insurance through the International Student & Scholar Services
▪ Constantly Network and seek outside fellowships and grants.
▪ Battle homesickness by seeking out and connecting with local communities.
Graduate Student Alliance

Our current objectives for the forthcoming semester:

- Working with other organizations to promote the betterment of graduate students, i.e. working with the Student Government Association to provide greater resources to the graduate student body.
- Provide substantial information on how to gain access to mental health resources
- Communicate with the graduate student body

Contact us via FaceBook: GSU Graduate Student Alliance @GSUGradAlliance
Or
https://www.gradalliancegsu.org/
Get involved!!

- GSA is a great place to stay connected with other graduate students and stay up to date with graduate student issues.
- Sign up for the **GSA listserv** at the Resource Fair.
- Become a **GSA Ambassador** for your department.
- Serve as the **graduate student liaisons** to administrative committees and projects.
- Email me: [dcarmody1@student.gsu.edu](mailto:dcarmody1@student.gsu.edu) if you are interested in learning more about the GSA.
Next up: Franklin Patterson

**Student Government Association President**
Online Health Courses
Open August 20

Sexual Assault Prevention for Graduates (SAPG) Course

Due Dates

Part 1
September 11

Part 2
November 6
Sexual Assault Prevention for Graduate (SAPG)

PART 1: Primary Course Content

- Course Lessons
  - 6 learning modules focused on healthy relationships, awareness of resources and policies, and skill-building

PART 2: Review

- Pre-Assessment Survey 1
- Post-Assessment
- InterSession
- Survey 2

SURVEYS measure changes in attitudes and behaviors

ASSESSMENTS are tests and quizzes that measure student knowledge
Sexual Assault Prevention Courses and AlcoholEDU

Georgia State University and the Board of Regents of the University System of Georgia (USG) are proud to partner with EverFi to offer online education to new students. As part of a comprehensive health and program, Georgia State University expects each incoming student to complete Sexual Assault Prevention for Undergraduates course (SAPU) or Sexual Assault Prevention for Graduate Course (SAPG) and first-year students to also complete AlcoholEDU®.

Course Registration
To register for Sexual Assault Prevention for Undergraduates course (SAPU), AlcoholEDU and/or Sexual Assault Prevention for Graduate Course (SAPG), please use the links below. Students will use their Georgia State University campusID and password to register for the course. Students who do not complete the course in one setting can use the links below to complete the course at a later date.

- First Year students are expected to complete Sexual Assault Prevention for Undergraduates course (SAPU) and AlcoholEDU
- Transfer students are expected to complete Sexual Assault Prevention for Undergraduates course (SAPU)
- Graduate and professional students are expected to complete Sexual Assault Prevention for Graduate Course (SAPG)
How can Student Health Promotion help?
## Student Health Promotion

### Services
- HIV / STI testing
- Tobacco Cessation
- **Safer sex supplies**
- Health promotion consults
  - Program planning
  - Goal setting
- Online assessments
  - AlcoholWise
  - Marijuana
  - EcheckUp To Go
- Presentation requests
  - Health Educator led
  - Peer Health Educator led

### Initiatives
- Online health education
  - AlcoholEdu
  - Sexual Assault Prevention for Undergraduates course
  - **Sexual Assault Prevention for Graduates course**
  - Prescription Drugs Abuse Prevention
- CHOICES / Basics
- Generation Rx
- **Escalation Workshop**
- Social media
  - #HealthyStateGSU
  - #GamePlanGSU
  - #DVFactsGSU
  - #SaferSexGSU

### Student Involvement
- **Healthy State**
  - Great American SmokeOut
  - World AIDS Day
  - Love My Body
  - Take Back the Night
  - Vagina Monologues
- Healthy Monday GSU
  - #MoveItMonday
- Graduate Assistant position
- Peer Health Education Volunteers
Student Involvement:
Social Media Ambassadors

• Follow at least one @BeWellGSU social media account (Instagram, Twitter, or Facebook)

• Share at least 4 of the messages to your personal social media site(s) between September 10, 2018 and November 26, 2018. **All messages need the following:**
  • Tag @BeWellGSU in the message
  • Use the hashtags #MoveItMonday and #HealthyMondayGSU

• Before Wednesday, November 28, 2018 send a word document with screenshots of your social media posts to stuhealthpromotion@gsu.edu

SIGN UP:
http://bit.ly/MoveItMondayGSUFall
Student Health Promotion

Tammy M. Turner, MPH, MCHES
Pronouns: She, Her, Hers
Assistant Director of Student Wellness
Fellowship Resources
Katrina Helz
Fellowships Advisor
Office of Graduate Programs

gradient.gsu.edu/fellowships
khelz@gsu.edu
Nedda H. Ahmed
Arts Librarian

http://library.gsu.edu
who is
who is an
who is ca
who is lil

who was
who was the first president
who was jim crow
who was president during wW2
who was books

why is
why is the sky blue
why is the carr fire
reason
green
gone so much
in red
in salty
in orange

why is abby leaving ncis

how do
how do
how do
how do
how do
how do
how do
how do

freeze my credit
how do indicators relate to standard of living
I have to find articles for this psyc lit review.

How do I cite declassified archival UN telegrams in Chicago style?

Where can I find line drawings of housefly wings?

**Ticket sales for Chinese movie theaters in the 1990s. GO.**

I need stats on commuters: time of day, mode of transport, broken down by ethnicity. For Atlanta and Chicago.

How much was Charles Dickens paid for his US lecture tour, and how much is that in today’s currency?

I’m preparing my dissertation prospectus and need all the scholarly literature on comic books. Help?
• 1.7M+ books (etc.)
• 10K+ journal subscriptions
• 377 database subscriptions
• 14 Subject Specialist Librarians
Come meet us!
Tuesday, August 14
1-3pm
CURVE
Mandy Swygart-Hobaugh, MLS, PhD
Sociology & Research Data Services Librarian
Research Data Services @ GSU Library

Workshops & One-on-One Help with:

- Finding Existing Data for Original Analysis – great for Thesis/Diss!
- Original Survey Design & Finding Existing Surveys/Scales
- Tools/Software and Methods for Data Analysis (Quantitative/Stats & Qualitative)
- Data Visualization (GIS, Tableau)
STATE
YOUR PATH.

University Career Services
Ginny Rae Turner
How Can UCS Help You?

• Resume & Cover Letter Review
• Mock Interviews
• Career Counseling
• Co-op & Internship
• Job Search
• Portfolium

career.gsu.edu

#StateYourPath
University Career Services

GET AHEAD WITH

Optimal Resume

GSU.OptimalResume.Com

#StateYourPath
Access Over Thousands of Jobs!

UNIVERSITY CAREER SERVICES

START YOUR CAREER WITH handshake

Login in at GSU.JoinHandshake.com

career.gsu.edu

#StateYourPath
Connecting YOU with Employers

The Career Fair is underway in Dahlberg Hall!
Come See Us!

15-MINUTE CAREER DROP-INS

Quick questions? Come ask us!

Resumes • Choosing a Major • Internship & Co-op • Job Search • Interviewing

Tuesday - Friday
11 a.m. - 3 p.m.
Student Center West, Room 270

» All career topics including resume reviews

#StateYourPath
QUESTIONS?

#StateYourPath