New Graduate Student Success Series:
Start Your Week Off Right!

The Graduate School Office of Professional Development (OPD) is pleased to announce a new Graduate Student Success Series for 1st year graduate students. For 30 minutes each week, OPD will offer tips and strategies for a successful graduate experience. Light refreshments will be provided.

Mondays: 9:30-10:00 am – 538 Goodell
pre-register at [www.umass.edu/gradschool/opd](http://www.umass.edu/gradschool/opd)

### Monday, September 12th

**Mentors and Advisors: Gotta Catch ‘Em All!**

You know you need an advisor in graduate school, but did you know that you need mentors, too? Learn about the important roles that mentors play and hear tips for recruiting and maintaining mentoring relationships. Light refreshments will be provided. Pre-registration is required.

### Monday, September 19th

**Say What? Navigating Differing Communication Styles in Grad School**

It is no secret that we communicate differently from one another. In this session, we will discuss four communication styles and examine how each might influence the way we interpret and convey information. Understanding these differences can help to minimize confusion and maximize success. Light refreshments will be provided. Pre-registration is required.

### Monday, September 26th

**Mind over Matter: Tips for staying positive**

What does it take to be a successful graduate student? While many factors impact success, don’t underestimate the influence of certain mindsets. Learning how to identify negative thoughts and channel these negative mindsets into productive ones can help boost your success. Light refreshments will be provided. Pre-registration is required.
Monday, October 3rd
Setting SMART Goals
Researchers have demonstrated that setting the “right” goals can lead to increased productivity. This session will introduce the SMART goal concept and teach you how to set goals that you can actually achieve. Light refreshments will be provided. Pre-registration is required.

Tuesday, October 11th
Time Management Strategies
It’s the middle of October - where does the time go? Do you find yourself struggling with upcoming deadlines and long to-do lists? We will share tips to address these challenges and maximize productivity. Light refreshments will be provided. Pre-registration is required.

Monday, October 17th
Contributing to Productive Meetings and Discussions
Do you know how to get the most out of a meeting with your advisor, mentor or team? Learn how strategic preparation, facilitation and follow up can increase the efficiency and effectiveness of any meeting. Light refreshments will be provided. Pre-registration is required.

Monday, October 24th
Balance in Graduate School
The Olympic gymnasts highlighted that in order to go for gold you must have balance. What are some ways that you can achieve balance and “go for gold” in your own life? Light refreshments will be provided. Pre-registration is required.

Monday, October 31st
Dealing with the Monsters Inside of Your Head
Does it sometimes feel like everyone knows what’s going on except for you? Do you feel like you are afraid someone is going to “find out that you don’t belong in grad school?” You are not alone! Come get some tips and tricks to deal with those monsters inside of your head! Treats (but no tricks) will be provided. Pre-registration is required.

Fall 2016 schedule subject to change. For registration and event descriptions, please see: www.umass.edu/gradschool/opd
email: opd@grad.umass.edu  phone: 413.545.6001