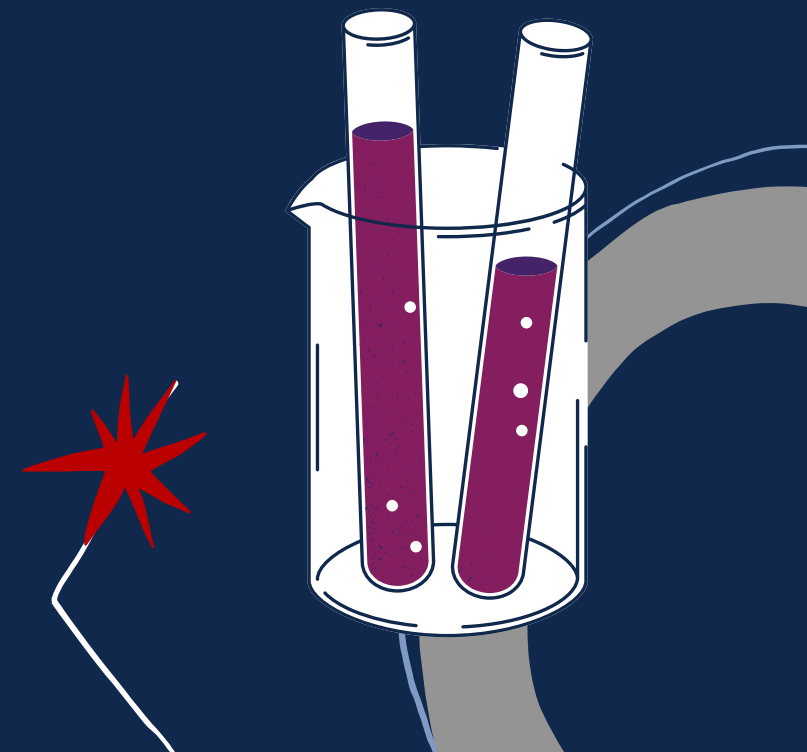
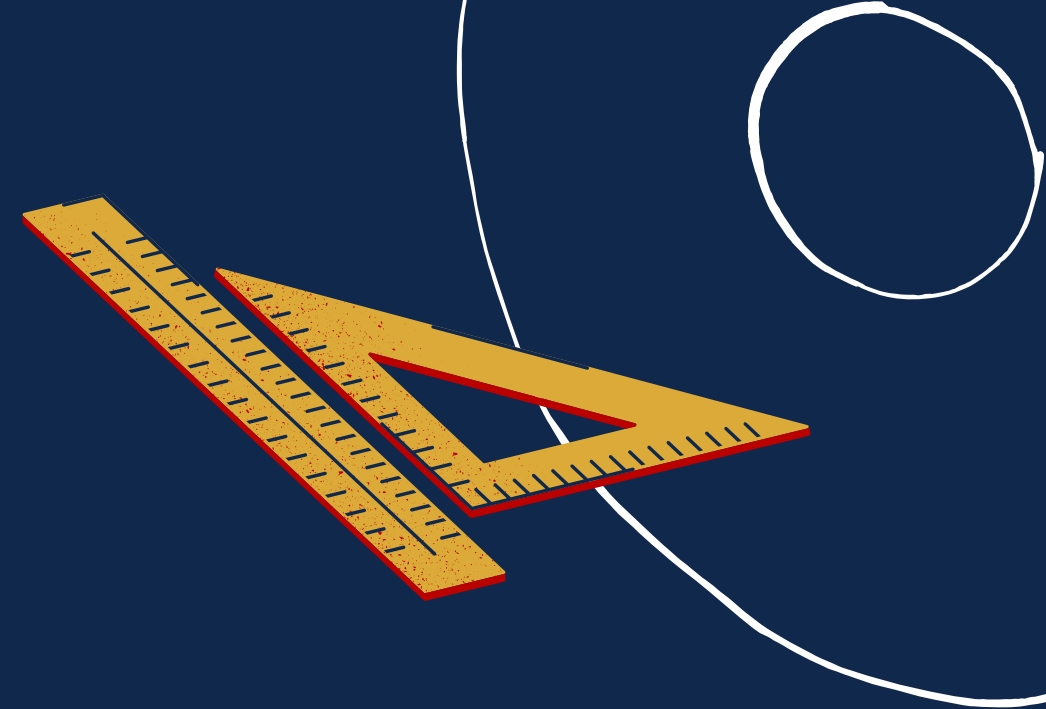
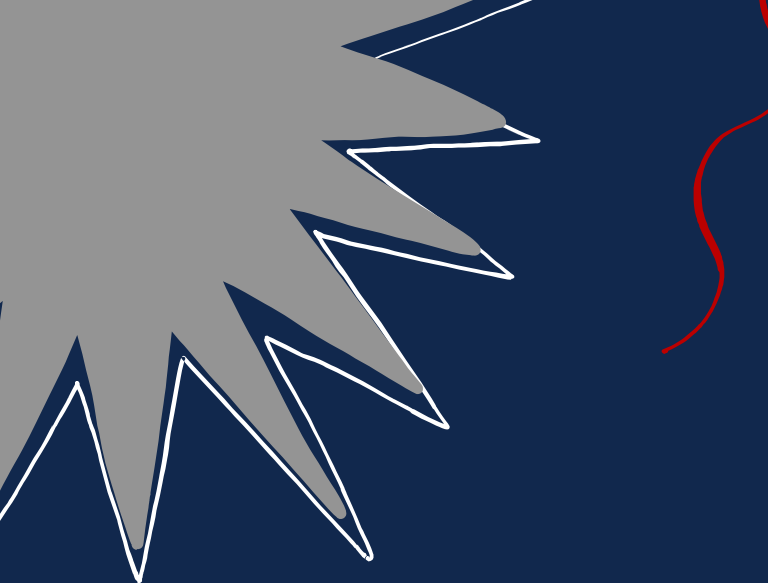


Graduate & Professional School Survival Skills

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STUDY SMARTER



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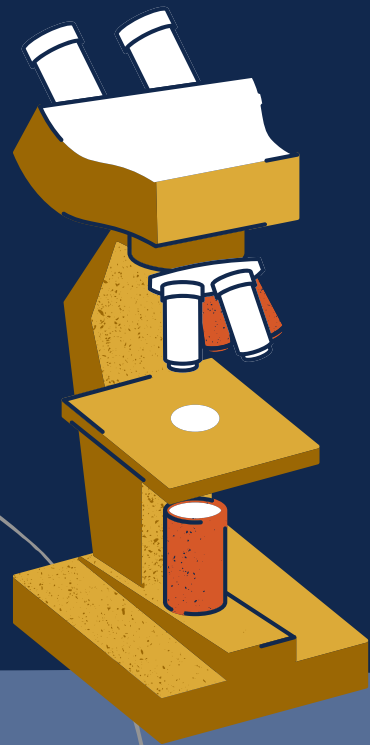
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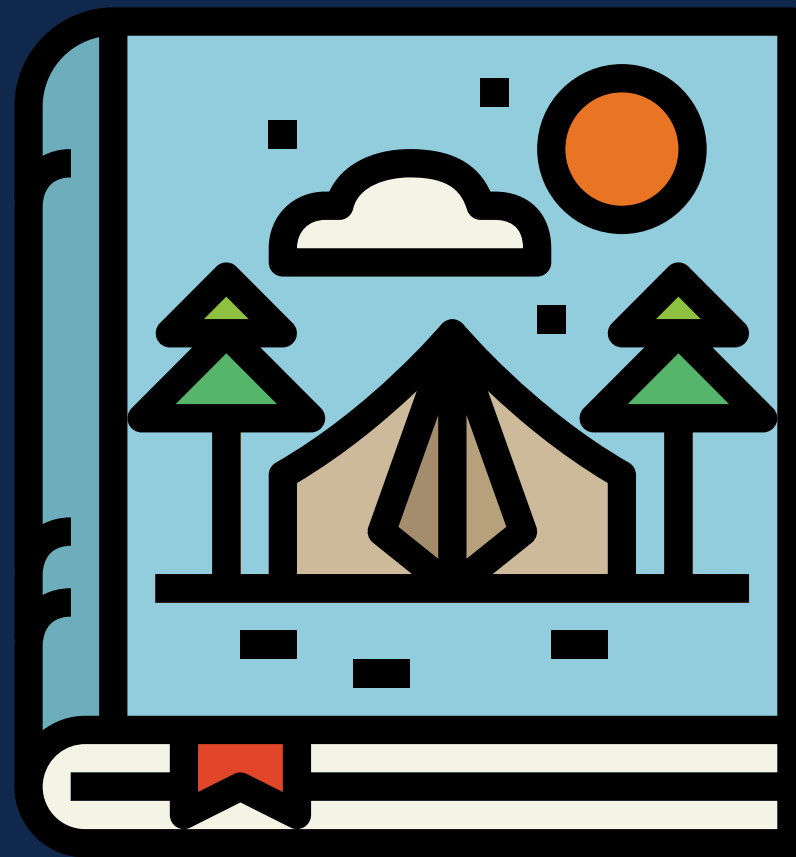
WHAT DO WE MEAN BY "SURVIVAL SKILLS"?



WHAT WE DON'T MEAN



INSTEAD



What you can start doing today to become
more skillful and resilient

s

Size up the situation (surroundings, equipment)

(Adapted from the Official U.S.
Army Survival Handbook)



SU

Use all your
senses (undue
haste makes
waste)



A good Judge conceives quickly,
judges slowly.

~ George Herbert

AZ QUOTES



SUR

Remember
where you are



SURV

Vanquish fear
and panic



SURVI

Improvise



SURVIV

Value living



SURVIVA

Ask the locals



SURVIVAL

Live by your wits
but, for now,
learn basic skills



GOALS FOR TODAY'S ONLINE EVENT

- Recognize that graduate school is challenging – and that challenge is a good thing
- Hear from other students who have developed resilience and insight during their graduate school experiences
- Identify next steps (e.g., strategies, resources)

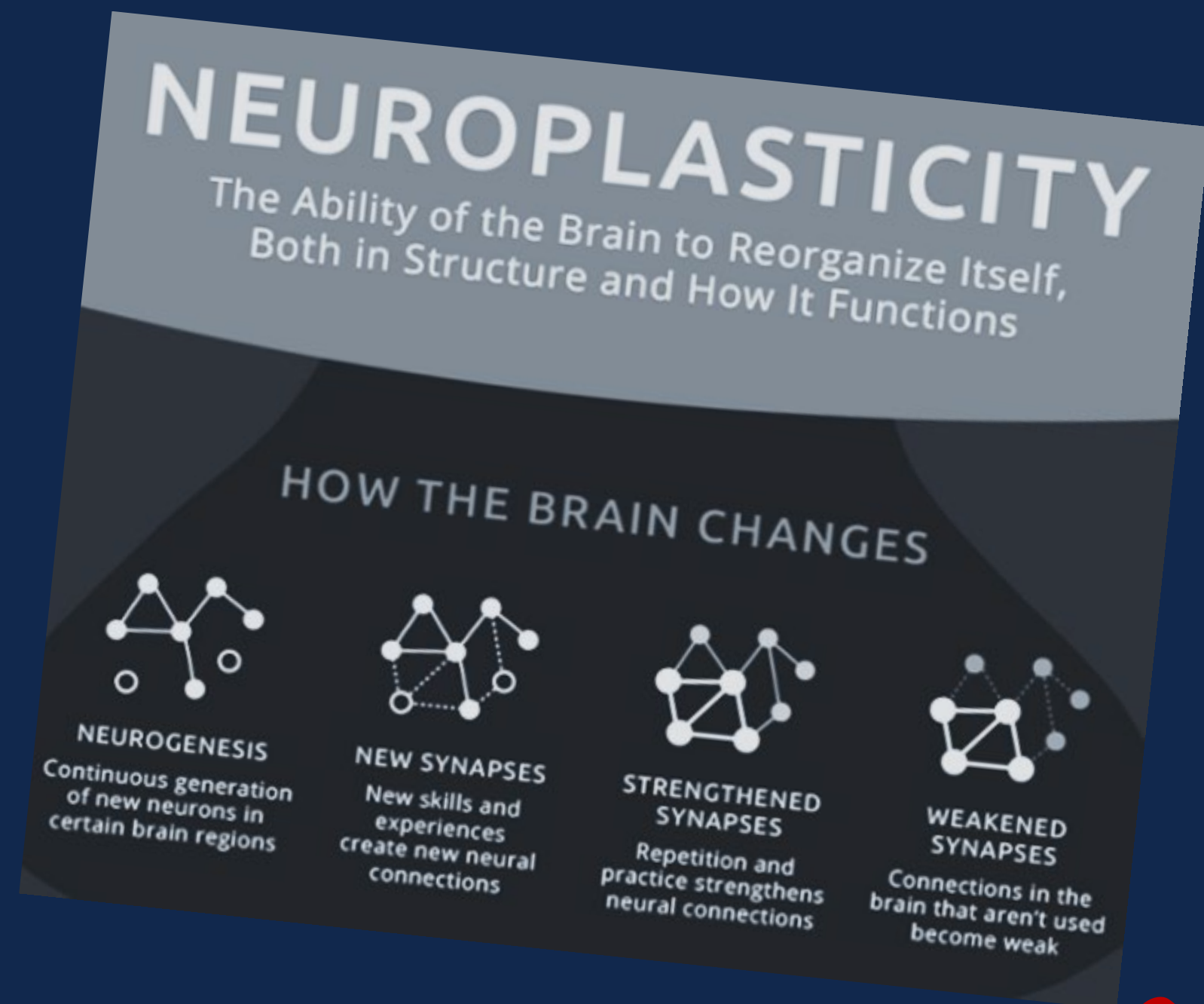


WHY EMBRACE THE CHALLENGE?

Good News!

Your brain continues to develop throughout adulthood

Things that require effort spur growth and learning!



HOW TO EMBRACE THE CHALLENGE



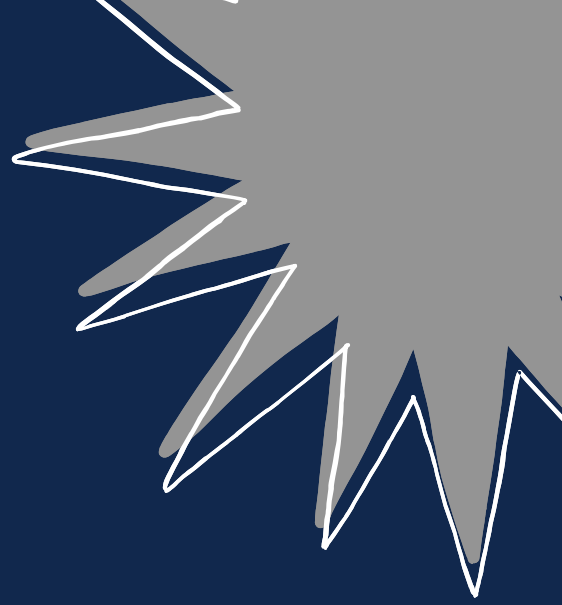
CULTIVATE A MINDSET THAT MAXIMIZES LEARNING

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED	SKILLS	<ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE
<ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY	CHALLENGES	<ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT
<ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	<ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY
<ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL	FEEDBACK	<ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED	SETBACKS	<ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

(Dweck 2006, 2012)



DREAM BIG - FOCUS SMALL



- Choose your focus routinely
 - Weekly big 3
 - Daily top 3
 - (1 must)
- Break into bite-size pieces
- Estimate, track, and reflect on time use

<https://www.intelligentchange.com/pages/productivity-planner-pdf>

<https://fullfocusplanner.com/>

MOST IMPORTANT TASK OF THE DAY
If this was the only thing you did today you'd be satisfied.

1. _____ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Target Track 25min/bubble Actual

SECONDARY TASKS OF IMPORTANCE
Completion of these tasks will make the day even better.

2. _____ ☐ ☐ ☐ ☐ ☐ ☐ ☐

3. _____ ☐ ☐ ☐ ☐ ☐ ☐ ☐

ADDITIONAL TASKS
Do these only after you have completed the tasks above.

4. _____ ☐ ☐ ☐ ☐ ☐ ☐ ☐

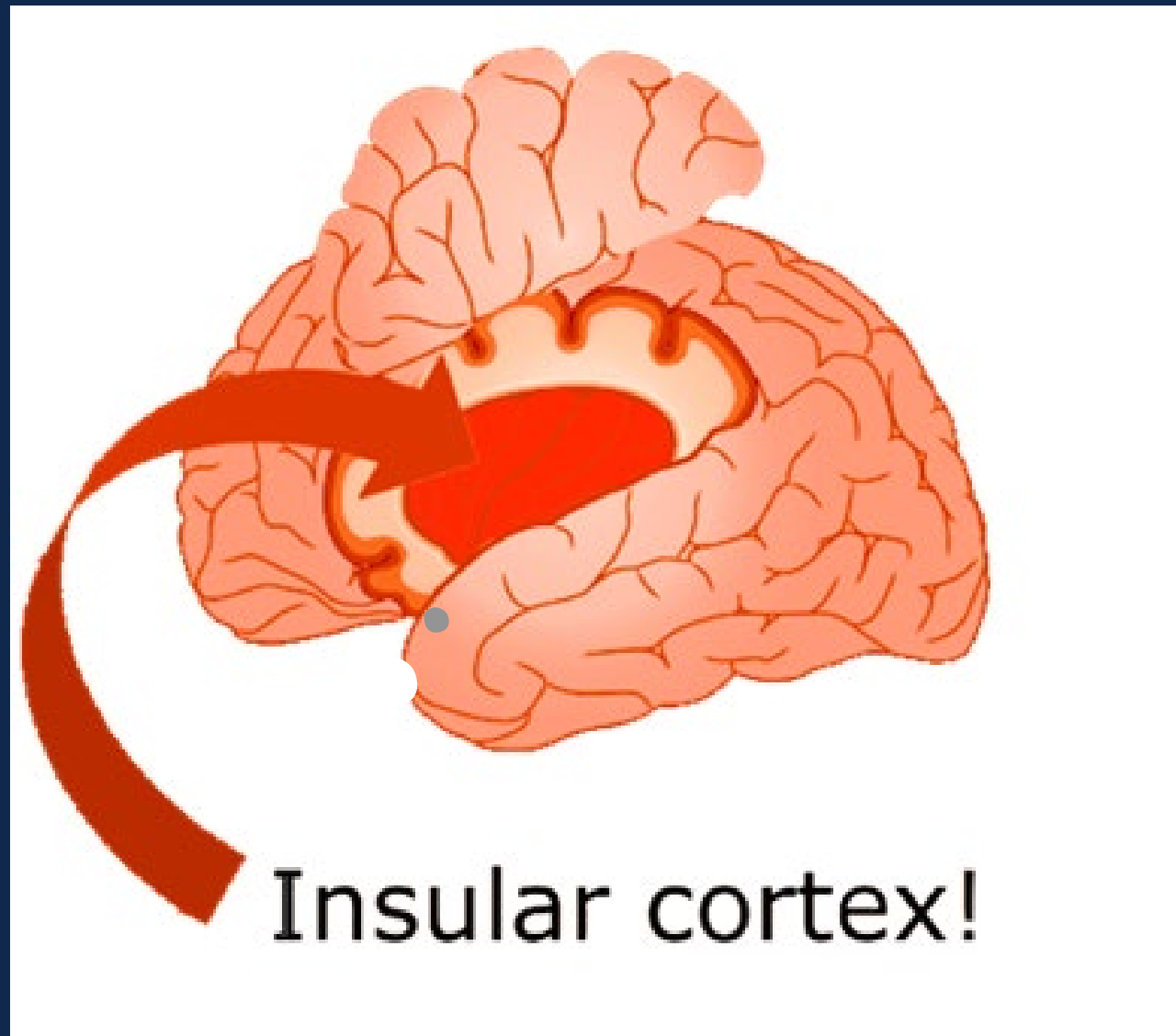
5. _____ ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES
Extra space for ideas, future tasks, inspiration, etc.

PRODUCTIVITY SCORE
How productive were you today on a scale of 1-10? What happened?

1 2 3 4 5 6 7 8 9 10

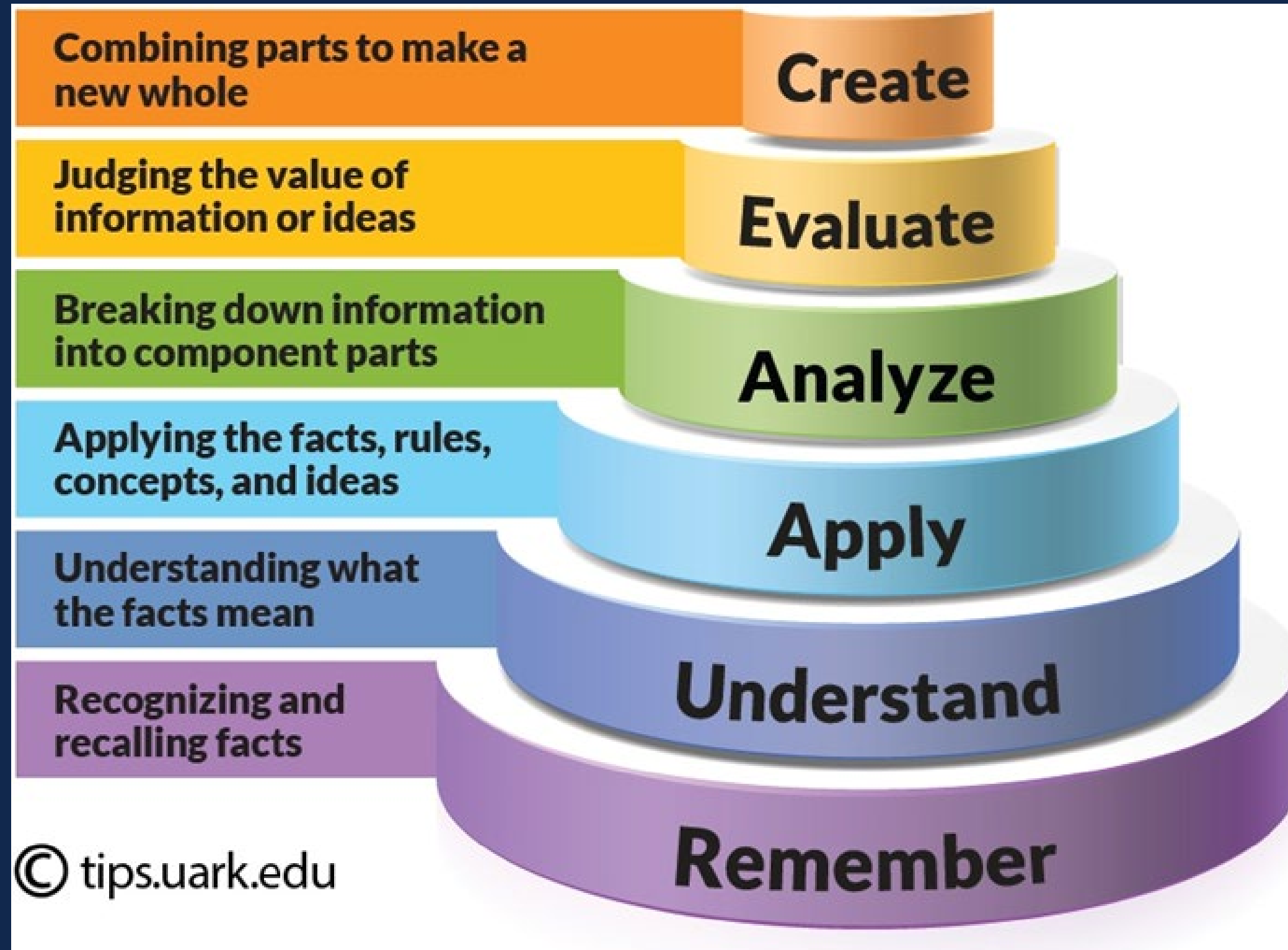
GET STARTED: 3, 2, 1 GO!



(Oakley, 2014)

- When we think of something we DON'T want to do, we activate areas of our brain associated with threats & pain.
- We usually try to stop that negative stimulation by switching to another activity.
- BUT shortly after we start working on something, the neurodiscomfort disappears!

POWER UP YOUR LEARNING





LEARN FROM OTHER STUDENTS

A sampling of most common themes reflected
in the open-ended responses of 371 Ohio State
graduate students...

“What surprised you most about graduate school?”

Shared concerns among graduate students

“I was surprised to find that nearly every issue or problem or uncertainty I've faced in grad school is shared by numerous other students in my department; it can be very helpful to know that you are not alone and that others near you can empathize with your struggles!”



“What surprised you most about graduate school?”

Autonomy

“I was most surprised by how self-directed it is. You have a lot of freedom to do what you want/need. This can both be a unique blessing or a curse.”



“If you could give one piece of advice,
what would it be?”

Seek help/ask

“School is about learning, not proving
you already know it all. This goes
doubly for administrative,
programmatic, and day to day
utilitarian issues.”





“If you could give one piece of advice,
what would it be?”

Support rather than compete

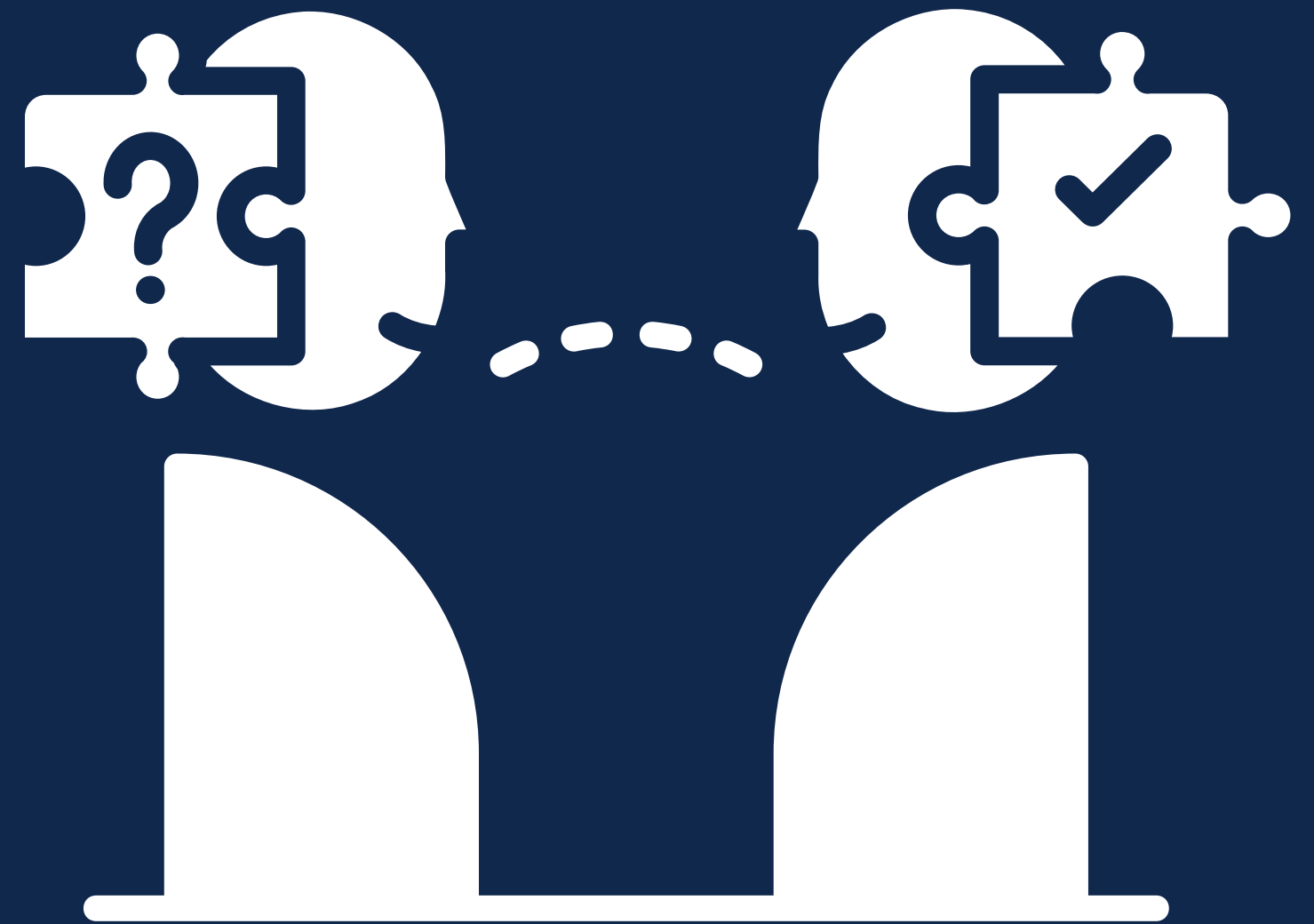
“Don't try to compete with other
people; work towards genuinely
supporting each other without
comparison.”



“If you could give one piece of advice,
what would it be?”

**Be proactive in your
advising relationship**

“Pursue your advisor and
(respectfully) make them teach
you. Let them know you need
them. Don't wait for them to come
to you.”





NEXT STEPS

I'm happy to answer any questions you have about this content!



We'll then take a quick break. There will be student panels for more Q&A beginning at 2 pm -- first with prepared questions, and then with time for your additional questions

- A student panel will take place right here!
- OR go to a separate Zoom link (link is in your email) for the lab-based sciences panel only

You'll receive a resources handout and other info via email

