### New Graduate Student Orientation

Faculty of Graduate and Postdoctoral Affairs



## David Lafferty, PhD

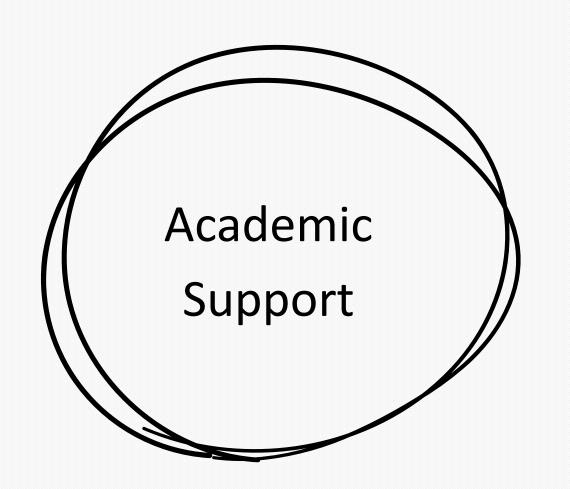
Professional Development Coordinator, Faculty of Graduate and Postdoctoral Affairs







- Faculty of Graduate and Postdoctoral Affairs (FGPA)
- gradstudents.carleton.ca
- Awards and funding
- Thesis & dissertation forms and policies
- Other dates and deadlines
- <u>TheGraduate@Carleton</u> weekly newsletter



- Make <u>MacOdrum Library</u> your research home base
- Talk to the librarians and other staff
- Find help with all types of research
- Access thesis writing support through FGPA

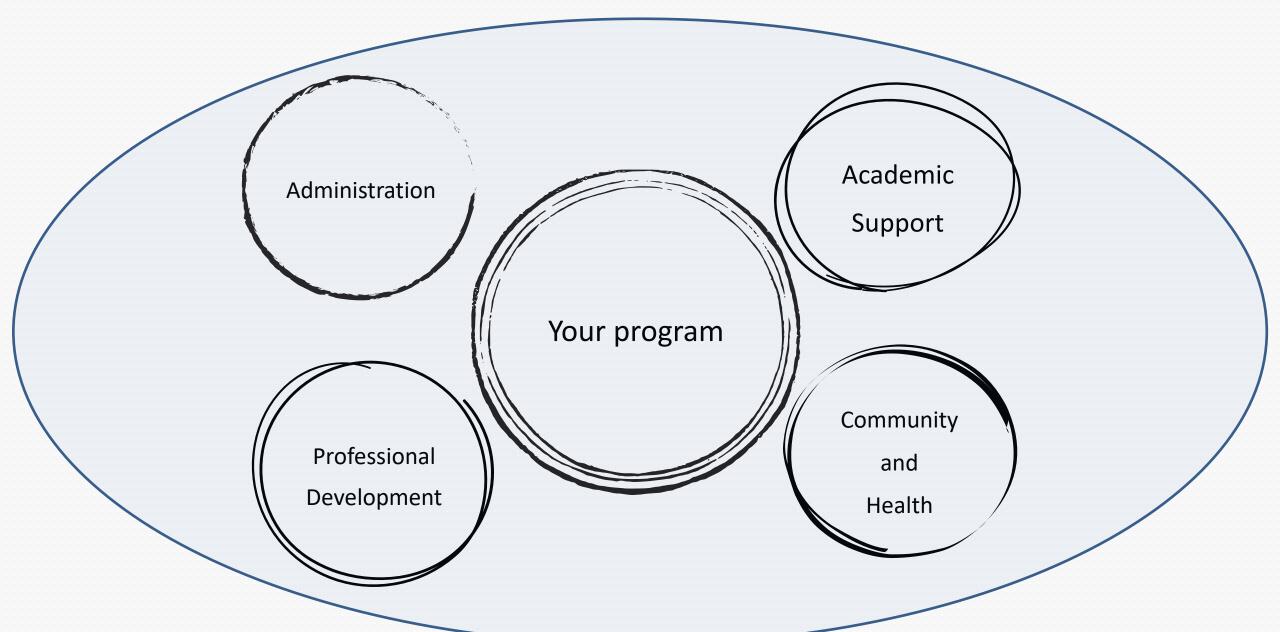


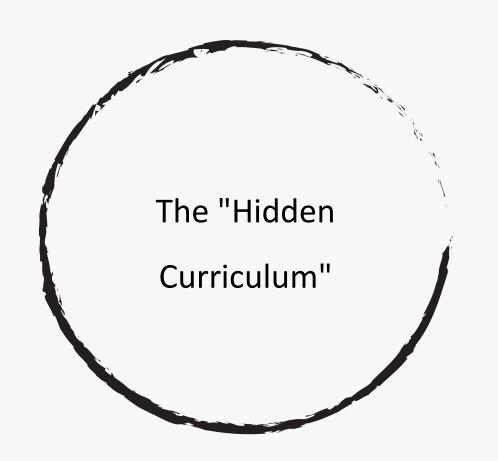
- Visit our <u>Graduate Professional Development</u> site
- Recognize the skills you are developing
- Plan for post-graduation employment
- Earn one or more Trajectories certificates
- Take our Your Career Narrative workshops
- Book a 1:1 PD consultation
- Make use of <u>Career Services</u>



- Get involved in clubs, associations, and other groups
- Take time for exercise, hobbies, fun
- Treat your academic work like a 9-5 job
- Pay attention to your mental wellness and physical health

#### The "Hidden Curriculum"





How can I get through so much reading in such a short time?

What should I expect at an academic conference?

When should I think about publishing, and how does the peer review process work?

What is a teaching portfolio?

When and how do people apply for academic jobs?

<u>universityaffairs.ca</u> <u>chronicle.com</u>

Calarco, Jessica McCrory. <u>A Field Guide to Grad School: Uncovering</u> the <u>Hidden Curriculum</u>. Princeton University Press, 2020.

Step by Step

### Dr. Patrice Smith

Dean, Faculty of Graduate and Postdoctoral Affairs

Professor, Department of Neuroscience



### Graduate Students' Association



#### What is the GSA?

- The GSA is a fully autonomous student body that represents the approx. 4000 full-and part-time graduate students at Carleton University.
- The GSA communicates grad student interests directly to the university administration, to the outside community, and within the Canadian Federation of Students, a provincial and national organization.
- The GSA provides a wide range of services and advocacy work for all students at Carleton.
- The GSA also supports initiatives outside of Carleton that align with our values of inclusion and community building for graduate students, faculty, alumni and staff.

### Meet the Execs













VP External







#### **GSA** Committees

- Accessibility Committee
- Consent Culture Committee
- Graduate Academic Caucus
- Graduate Residence Caucus
- International Student Committee
- Organizational Review Committee
- Political Action Committee
- Scholarships and Awards Committee



#### **GSA Services**

- The cheapest printing on campus
- Free Coffee and Tea!
- Free Scanning Services
- Health and Dental Plan (Green Shield)
- Grants and Awards
- GSA merch (Think water bottles, sweaters, shirts)

- Grad Lounge/Boardroom
- Community Garden
- Public Bike Repair Stand
- Social Events
- Welcome Weeks
- Frost Week
- Academic Advocacy
- Mike's Place!



#### **GSA** Grants and Awards

- The GSA grants:
  - Accessibility
  - Black History Month
  - Childcare
  - Dental
  - Emergency
  - Family leave
  - Health leave
  - Student Organization
  - Travel
  - Trans Student Grant

- The GSA Awards:
  - Indigenous student
  - international student
  - Excellence in Graduate teaching
  - Full-time student academic excellence
  - Part-time student academic excellence
  - Honor
  - GSA Scholarship Award



#### Questions?

#### Graduate Students' Association

- 6th floor University Centre,
- Carleton University
- (613) 520-2600 ext. 6616
- gsa@gsacarleton.ca
- Web: gsacarleton.ca
- Twitter: @gsacarleton
- Instagram: @gsacarleton



Student Services

## Noreen Cauley

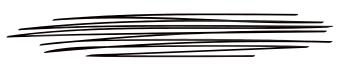
President, CUPE 4600



## **CUPE 4600**



#### Your union!



You are a member of the largest union on campus, and we are glad to have you with us!

We represent all Teaching Assistants and Contract Instructors at Carleton University

# As a CUPE 4600 member you get:

- Health benefits
- Protections at work
- Emergency funds
- Better pay
- Protection from tuition increases
- Solidarity



## Coming up:

TA Advance deadline: Sept. 15th

Radical walking tour: Sept. 7th

Pancake breakfast: Sept 7th CUPE

4600 Social: Sept. 8th

Mobilization Committee meeting: Sept. 14th



www.CUPE4600.ca



## Professional Development

Dr. David Lafferty & Dr. Karim Abuawad, Professional Development Coordinators

Faculty of Graduate and Postdoctoral Affairs

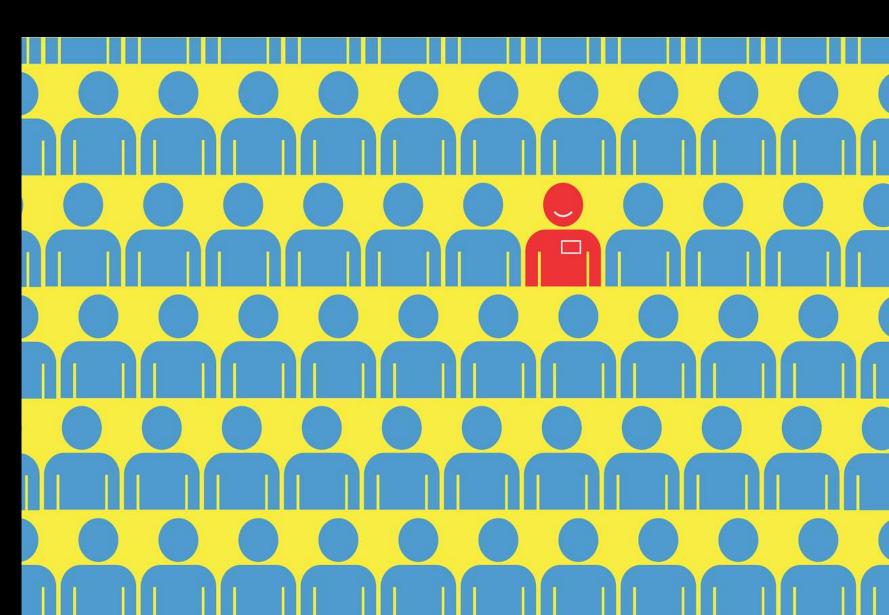


### What is professional development?

Professional development is the process by which you increase your level of *employability*.

Employability may be defined as "The relative chances of getting and maintaining different kinds of employment."\*

<sup>\*</sup> Brown, Phillip and Anthony Hesketh. The Mismanagement of Talent. With Sara Williams. Oxford: Oxford University Press, 2004. 25.



#### **GradPD at Carleton**

- Large calendar of PD workshops for all grad students and postdocs
- Trajectories certificates
- Your Career Narrative workshop series
- Communications competition(s)
- Info on PD resources
- Bookshelf
- 1:1 thesis writing support
- GradPD mailing list

carleton.ca/gradpd



Sign up for our email list!



### **Trajectories** Certificates

Q & A on September 14!

Core Workshops		
Professional Writing	Communications and Engagement	Research Management
<ul> <li>The Editing Process</li> <li>Introduction to Report Writing</li> <li>Managing the Writing Process</li> <li>Writing Academic Articles</li> <li>Writing Grant Proposals</li> <li>Writing in Plain Style</li> <li>Writing in the Workplace</li> </ul>	<ul> <li>Communications and Knowledge Mobilization in the Age of AI</li> <li>Copywriting</li> <li>Engaging with Audiences Through Storytelling</li> <li>Introduction to Knowledge Mobilization</li> <li>Using Social Media as an Academic</li> </ul>	<ul> <li>Coding for the Humanities</li> <li>Grey is the New Black—Grey Literature: How to Find It?</li> <li>Introduction to Research Data Management</li> <li>Project Management for Research Projects</li> <li>Systematic Reviews, Scoping Reviews and Other Knowledge Synthesis</li> </ul>



#### **Your Career Narrative**

Professional Identity

Skill Self-Evaluation

The Job Market

The Alt-Ac Launchpad

Networking and Community

Al and Careers

Creating an Individual Development Plan (IDP)

PD consultations available (in-person or over Zoom)



Three Minute Thesis (3MT)

Video Game Interaction Accessibility ADAPTIVE GAMING How can wearables be used to make video game interaction innovative and accessible? Carleton University Ontario Ontario Competition Competition

Photo from Provincial 3MT contest in Kingston, ON, courtesy of Allen Tian, Queen's University

## MacOdrum Library

Joanne Rumig, Head of Access Services
Joël Rivard, Head of Research Support Services



#### Welcome to MacOdrum Library!

We're excited to see you!

Fall 2023





#### **General Library Information**

- MacOdrum Library | Carleton University: <a href="https://library.carleton.ca/">https://library.carleton.ca/</a>
  - Research support
  - Services, such as borrowing (500 items max for 120 days, usually,) Interlibrary Loans
  - Library news
  - Account assistance, connection problems
- Hours: <u>Library Hours | MacOdrum Library (carleton.ca)</u>
  - Mon Thurs: 8am midnight; Fri: 8am 10pm; Sat: 9am 10pm; Sun: 9am midnight
- Chat or Text help: Help | MacOdrum Library (carleton.ca)
  - Mon Thurs: 10am 10pm; Fri: 10am 5pm; Sat & Sun: 12pm 6pm





### **General Research Support**

- Library website:
  - Subject Guides
  - Course Guides
  - Citation Guides
  - Research Help
- In the building
  - Research help
  - Silent study space
    - Floors 3 & 5
  - Study rooms
    - <u>bookable</u>
  - Graduate study rooms, 5<sup>th</sup> floor
    - first come, first serve





#### **Scoping Reviews**

- Identify/clarify concepts, definitions, available research, and gaps
- A systematic approach to gathering, sorting, selecting and synthesizing studies
- Akin to a literature review in a thesis
- Stand-alone publication
- Support and tools available to support scoping reviews, systematic reviews and other evidence synthesis methodologies
- <a href="https://library.carleton.ca/guides/subject/systematic-reviews-and-other-knowledge-syntheses">https://library.carleton.ca/guides/subject/systematic-reviews-and-other-knowledge-syntheses</a>





### Scholarly Communication & Copyright Services

#### **Copyright, Author Rights & Agreements**

Supporting graduate students as <u>users</u> and <u>creators</u> of copyrighted materials

- Navigating permissions, licenses and use agreements
- Requesting permissions
- Fair Dealing consultation and analyses
- Theses / Dissertations mandatory deposit support
- Maintaining and managing your rights
- · Navigating publisher & author agreements

→ Questions to: Copyright@Carleton.ca

#### **Resources & Training**

Workshops and training

- Copyright, fair dealing & attribution
- Researcher profiles
- Impact metrics & alternatives
- Building research narratives
- Publishing & research communication

Web guides

Research consultations

#### **Open Access Publishing & Deposit**

Publication support and consultations, including:

- Strategizing publication and research communication activities
- Seeking open access (OA) publishing venues
- Assisting in grant compliance on OA and open data
- Evaluating predatory publishers, journals and conferences
- Providing repository services for academic research outputs and creative works by Carleton authors
- OA publishing discounts and support

→ Questions to: Open-Access@library.carleton.ca

#### **Research Profiles, Identifiers & Metrics**

Increasing profile & availability of research by:

- Using scholarly ID schemes (e.g., DOI, ORCID) for better discovery, citation, metrics & integration
- · Consulting on metrics, assessments and use contexts
- Telling your research impact story
- · Providing open, persistent access to research works
- Exploring & adapting to changing research modes and outputs

Make your research journey easier - plan ahead!



#### Access to print and e-resources

- Accessing materials: Carleton + Omni Libraries, Beyond Carleton + Omni
  - Physical items
  - Chapters, articles
- Digitization Service for Carleton materials
- Hard to locate items?
  - Blank request form
- Harvard Business Review for Educators

Questions? Contact LibraryServices@cunet.carleton.ca





#### Data Access and Help

- How to access all types of data
  - Microdata and aggregate data
  - GIS Data
  - Government information
- What type of help
  - Quantitative data (SPSS, Stata): <u>dataservices@carleton.ca</u>
  - Qualitative data (including NVivo): <u>nvivo@library.carleton.ca</u>
  - GIS data: GIS@carleton.ca

#### New Computer Lab!









#### **CU Research Data Centre**

- Secure access to confidential Statistics Canada microdata and administrative datasets
- ML121
- <a href="https://library.carleton.ca/services/carleton-university-research-data-centre">https://library.carleton.ca/services/carleton-university-research-data-centre</a>
- rdc@cunet.carleton.ca
- Part of Canadian Research Data Centre Network:
  - https://crdcn.ca/







## Research Data Management

- Why?
  - To get funding from the Tri-Agencies
  - To defend your research
- Manage your data
  - Includes Data Management Plans
  - Help and consultations: <a href="mailto:rdm@library.carleton.ca">rdm@library.carleton.ca</a>
  - <a href="https://library.carleton.ca/services/research-data-management">https://library.carleton.ca/services/research-data-management</a>
- Data Storage and Repositories
  - Why, where and when to store your data
  - <a href="https://library.carleton.ca/services/data-storage-and-repositories">https://library.carleton.ca/services/data-storage-and-repositories</a>





## Meet us at the Library!

- Thursday September 14, 1-3pm
- ML252 & Zoom
- Presentations (hybrid) on different resources
- Meet the different Subject Librarians and Specialists
  - Tables will be set up around the room
- Have a question about the Library?
  - Get an answer here!

#### **Presentations on:**

- Searching and finding resources
- Introduction to library services
- Conducting a literature review
- Citation management tools
- Scholarly Publishing

#### Come chat with us about:

- Maps/Geographic, Information System (GIS)
- Quantitative data & Research Data Management (RDM)
- Scholarly Communications/Copyright
- Knowledge Synthesis
- Citation
- Book Arts
- User Services





## Health and Wellness

Magda Georgescu, Registered Social Worker

Graduate Student Counsellor, Health and Counselling Services



#### Your experience as a graduate student

 Graduate school can be difficult due to unstructured nature of the process and limited access to information about available resources

 Research indicates that graduate students are at a higher risk to struggle with mental health issues than undergraduate students and similarly educated working professionals



#### The most stressful aspects of graduate school are

- Heavy academic workload
- Managing supervisor, department and peer relationships
- Multitude of professional and personal commitments
- Financial difficulties
- Impostor syndrome



#### Impostor syndrome

The belief that others have an inflated view of your abilities or skills and fear of being exposed as a fraud.

- Feelings of self-doubt and inability to take credit for personal accomplishments
- Tendency to seek external validation
- Sensitivity to criticism
- Rumination about a less than perfect performance
- Constant focus on shortcomings



#### Tips to survive graduate school

- Be aware that emotional difficulties may arise
- Build a strategy to cope
- Build a support network: reach out to your supervisor and peers
- Take notes of your accomplishments
- Try to focus on what you can influence: self- care, personal skills and strengths
- Remind yourself you are not alone even if this is how it feels
- Locate and access resources



#### When to seek support. Signs that indicate you struggle

- Lack of energy
- Diminished motivation
- Difficulties concentrating
- Sense of overwhelm by daily tasks
- Sense of hopelessness and helplessness
- Tendency to socially isolate
- Failure to maintain connection with supervisor
- Failure to maintain routine
- Resorting to unhealthy coping skills



#### Benefits of accessing counselling

- Safe space for graduate students to talk about their emotional issues
- Validation of their experiences and stress responses
- Support to find a healthy balance in their busy lives
- Learning to identify signs of anxiety, depression, burnout, relational stress
- Learning to contextualize and gain perspective on their individual experience
- Learning new skills to manage emotional distress
- Learning to cultivate a compassionate mind to assist them through difficult times



#### **Accessing Counselling**

- To book an appointment in-person, please visit 2500 Carleton Technology and Training Centre between 8:30am – 4:30pm, Monday to Friday.
- To book an appointment by phone, call 613-520-6674 (press 2).
- If you live in Residence, please call 613-520-2600 ext. 8061 to book a session.
- Online. Download the UpPatient app on your phone to book an appointment.
- We offer a variety of specialized counsellors: Indigenous, Sexual Assault and Trauma, Athletic, Racialized, Trans/2SLGBTQ+, International, and Graduate.



### **Crisis/Urgent Counselling Support**

If you are in crisis and need urgent counselling support, call Counselling Services at 613-520-6674 (press 2) (available 8:30 a.m. to 4:30 p.m. Monday to Friday) or come in person to the main counselling clinic (2500 Carleton Technology and Training Centre Building) and indicate that you are in crisis and need to speak to someone urgently.



# Paul Menton Centre for Students with Disabilities

Rylee Oram, PhD

Disabilities Coordinator/Learning Strategist



#### Welcome to the PMC!





#### Registering with the Paul Menton Centre

- Obtain documentation of disability (complete <u>forms on our website</u> with a Registered Health Professional or submit a psycho-educational assessment for a Learning Disability)
- Contact the Front Desk at <u>pmc@carleton.ca</u> or 613-520-6608 to schedule an intake appointment
- Complete pre-intake paperwork
- Meet with a Disabilities Coordinator to discuss accommodations and supports





#### **Academic Accommodations**

- Academic accommodations are supports and services provided to help students access the curriculum and validly demonstrate learning.
- They are intended to level the playing field without compromising academic standards or essential requirements in a course or program.
- NOT modifications to fundamental skills or knowledge (essential requirements)
- NOT intended to guarantee success for the student
- NOT intended to make it "easier" compared to classmates



#### **Services and Supports**

- Groups
  - ADHD
  - Anxiety
  - Grad Student Writing Group
  - Learning Strategies
     Workshop Series

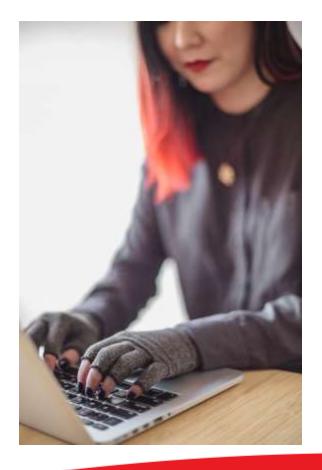
#### Other services

- Learning Strategy sessions
- Assistive Technology sessions
- Disability Counselling
- Mentorship
- ACT to Employ
- Note-taking
- Tutoring
- Alternative format



#### For More Information...

• If you have any questions or if you would like to register with the PMC, please contact our Front Desk at pmc@carleton.ca or 613-520-6608





If you ever have questions or concerns, talk to us!

We're here to help.

Slides: <a href="https://gradstudents.carleton.ca/new-students/orientation/">https://gradstudents.carleton.ca/new-students/orientation/</a>

Video: <a href="https://www.youtube.com/@GradsAtCarleton">https://www.youtube.com/@GradsAtCarleton</a>

