

New Graduate Student Orientation

Faculty of Graduate and Postdoctoral
Affairs



TA Orientations:

gradstudents.carleton.ca/new-students/orientation

Dr. Patrice Smith

Dean, Faculty of Graduate and Postdoctoral Affairs

Professor, Department of Neuroscience

Milan Sanghani

President, Graduate Students' Association (GSA)



Graduate Students' Association Carleton University | CFS Local 78

600 University Centre
www.gsacarleton.ca

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



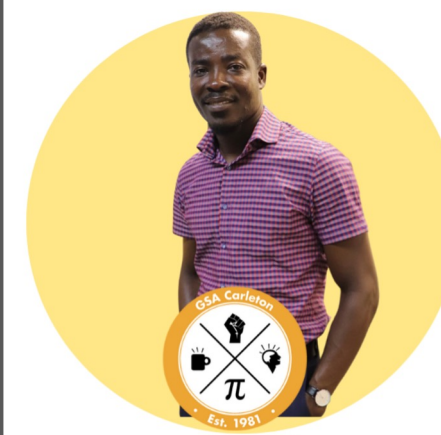
Milan Sanghani

President



Faith Achile

Vice President Operations



Evans Boadi

Vice President Finance



Hande Uz Ozcan

Vice President Academic



**Navyashree
Krishnareddy**

Vice President External



GSA Committees

- Accessibility Committee
- Graduate Academic Caucus
- Graduate Residence Caucus
- Grants and Awards Committee
- Racialized Action Committee
- Consent Culture Committee
- Organizational Review Committee
- Political Action 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



GSA Grants and Awards

- The GSA grants:

- Accessibility
- Black month history
- Child care
- Dental
- Emergency
- Family leave
- Health leave
- Student Organization

- The GSA Awards:

- Indegenous student
- Domestic student
- international student
- Excellence in Graduate teaching
- Full-time student academic excellence
- Part-time student academic excellence
- Hinour



Questions?

Graduate Students' Association

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

- Web: gsacarleton.ca
- Twitter: [@gsacarleton](https://twitter.com/GSAcarleton)
- Instagram: [@gsacarleton](https://www.instagram.com/GSAcarleton)



Dr. Onita Basu

Associate Dean, Planning and Awards

Professor, Department of Civil and Environmental Engineering

Professional Development

David Lafferty & Karim Abuawad, Professional Development
Coordinators

Faculty of Graduate and Postdoctoral Affairs

GradPD at Carleton

- Large calendar of workshops, from career planning and job hunting to writing, communication, and financial skills
- culDP, an Individual Development Plan for graduate students and postdocs
- Communications competition(s)
- Info on PD resources available through Carleton
- Writing support for students working on major research projects
- GradPD mailing list

**Skill development
and career
planning for
future knowledge-
workers**

carleton.ca/gradpd

Trajectories Certificates

Core Workshops

Professional Writing	Communications and Engagement	Research Management
<ul style="list-style-type: none">• Managing the Writing Process• Writing in the Workplace• Writing Academic Articles• Writing Grant Proposals• Introduction to Report Writing	<ul style="list-style-type: none">• Engaging with Audiences Through Storytelling• Introduction to Knowledge Mobilization• Copywriting• Using Social Media as an Academic• Creating Portfolios	<ul style="list-style-type: none">• Project Management for Research Projects• Introduction to Research Data Management• Thesis and Dissertation Layout Made Easy• Grey is the New Black—Grey Literature: How to Find It?• Systematic Reviews, Scoping Reviews and Other Knowledge Synthesis

Health and Wellness

Magda Georgescu, Registered Social Worker

Graduate Student Counsellor, Health and Counselling Services

Your experience as a graduate student

- There is a common understanding that the graduate school experience is both pleasant and stressful
- Research has shown that graduate student populations are at heightened risk for mental health disorders compared to undergraduate populations and similarly educated working professionals

The most stressful aspects of graduate school are

- balancing high academic workloads
- financial difficulties
- balancing work with personal and family roles
- managing supervisory relationship

Impostor syndrome

- The belief that others have an inflated view of your abilities or skills
- Fear of being exposed as a fraud
- Tendency to attribute success to external factors such as luck, hard work, benevolence of others

Impostor Syndrome Experience

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

Things to Remember When You Think You're Not Good Enough

- People that you compare yourself with, compare themselves with others
- Your thoughts are not facts
- There is more right with you than wrong with you
- Focus on progress rather than perfection

How to cope in graduate school

- Be aware that emotional difficulties may arise
- Remind yourself you are not alone even if this is how it feels
- Take notes of your accomplishments
- Remind yourself that you have skills, strengths, talents
- Try to focus on what you can influence: sleep hygiene, healthy diet, exercise, socialize
- Collect positive experiences, find a balance between have to do's and want to do's
- Seek out support: supervisor, peers, counselling services and other specialized services

When to seek support. Signs that indicate you struggle

- Lacking energy or feeling tired
- Feeling exhausted all the time
- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Feeling overwhelmed by everyday tasks

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 with a recognition of their multiple roles
- Learning to identify signs of anxiety, depression, burnout, relational stress
- Learning to contextualize their unique experience and relate to their situation from a different perspective
- Learning new skills to manage emotional distress
- Learning to cultivate a compassionate mind to assist them through difficult times
- Re-evaluation of their values and goals

Accessing Counselling

- Call our office at **613-520-6674 (press 2)** to speak with our Patient Care Coordinator, to set up your file, book an appointment and send you the intake forms to be completed before your call with our Intake Counsellor or if you live in Residence call **613-520-2600 ext. 8061**.
- The Intake Counsellor will call you within 24-48 hours on average, the calls normally last 15 minutes.
- You will then book any subsequent counselling sessions with your provider.

Student Services



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

We're here to help.

