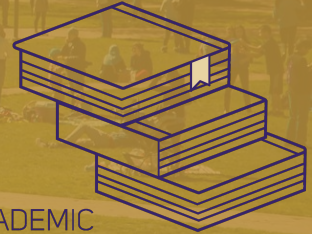


Academic Support Programs

Preparing for Graduate School Workshop



ACADEMIC
SUCCESS COACHING

Add your pronouns, year and what you are most looking forward to this summer in the chat!

What is ASP?

- **Academic Success Coaching**

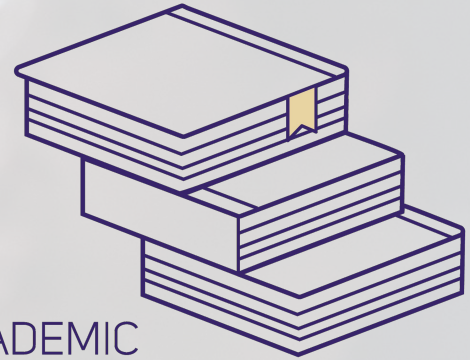
- One-on-one coaching with a fellow student for skill building in the following areas
 - Time management
 - Goal setting
 - Motivation
 - Effective study strategies
 - Connection to resources

- **Study Skills Workshops**

- Hour long workshops offered quarterly

- **CLUE Study Center**

- Free drop-in virtual tutoring and study center for many subjects
 - Sun-Thurs 7pm-11pm online
 - Biology, Chem, Computer Science, Econ, Math, Physics, Statistics, Writing

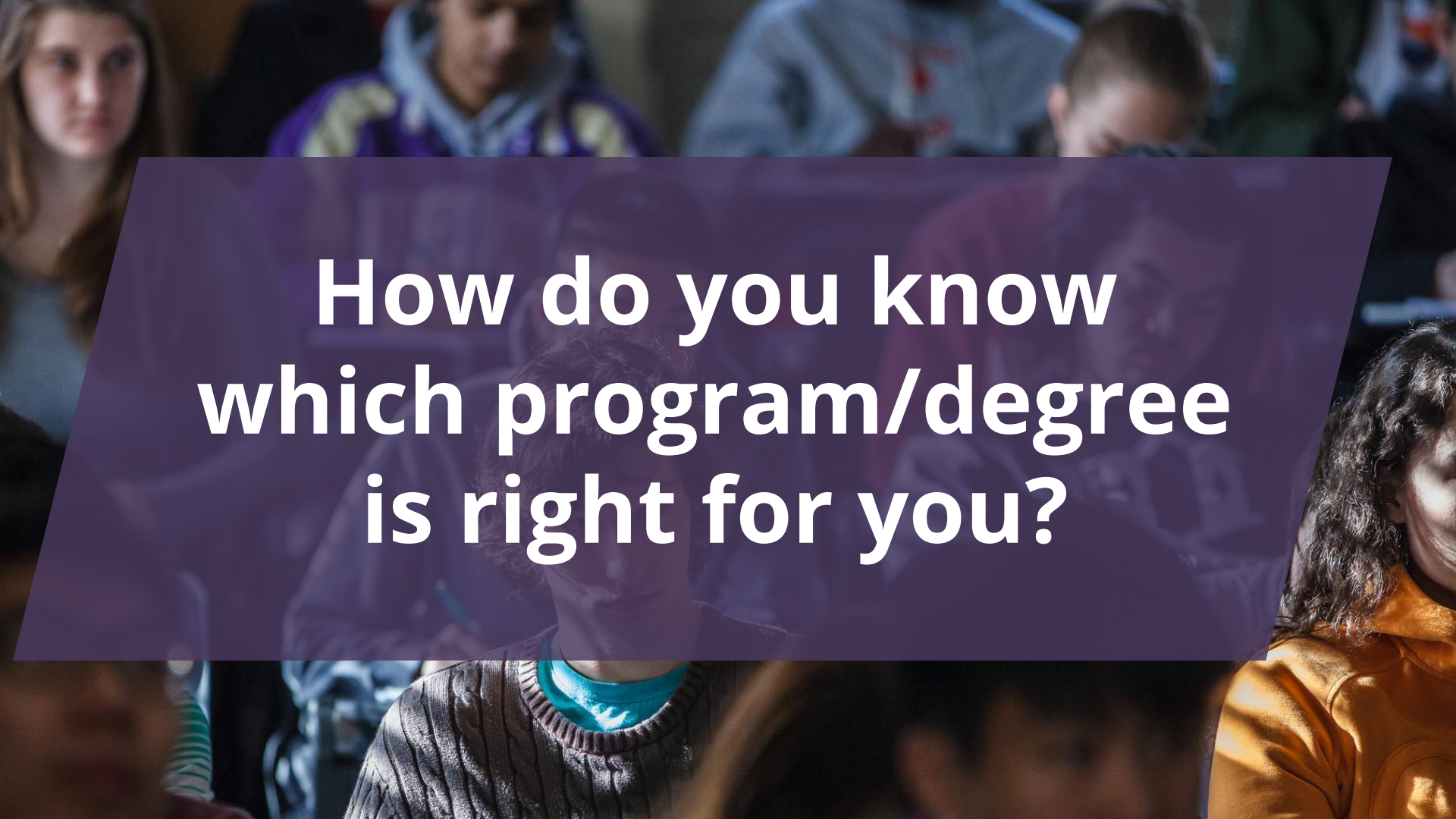


ACADEMIC
SUCCESS COACHING

Workshop Overview

- > Figuring out which program and institution is right for you
- > Preparing for graduate school
 - What the process looks like
- > Funding and what to consider
- > Key takeaways





**How do you know
which program/degree
is right for you?**

Activity

Put in the chat:

What program/degree or career path are you currently interested in pursuing?



Pros and Cons of Graduate School

Pros:	Cons:
> Higher earning potential	> Slow return on investment potential
> Research opportunities	> Stressful <ul style="list-style-type: none">– Forced to juggle a lot of responsibilities
> Enhance your education	> Can sometimes take a long time to complete
> Access to advanced tools and equipment	> Expensive and funding is not always guaranteed
> Realization of interests	> Competitive



Timing - when should you attend?

Benefits of starting grad school immediately



Benefits of working for a while before grad school

- Accustomed to being a student
 - have momentum
- Study skills are sharp
- Might have fewer obligations
- Some industries require an advanced degree even for "entry-level" positions

- Better idea of career goals and interests
- Able to bring more experience to your education
- Some employers may pay for you to go back to school
- Time to save up financially
- Can improve your chances of being accepted
 - Especially if your undergrad transcript was not very competitive



What type of degree?

Master's

- > 1-3 years
- > Sometimes required for a professional degree
- > Some designed for employment advancement
- > Others designed for intellectual growth and experience

Professional degree

- > 2-5 years
- > Doctor of Medicine (MD), Juris Doctor (JD), Doctor of Osteopathy (DO)
- > Stress practical application of knowledge and skills
- > Focus on gaining experience

Doctorate

- > 3-6 years
- > Highest possible degree
- > Advancing knowledge through original research



Things to Consider: Choosing a program and institution

Accreditation

Career Assistance

Degrees offered

Reputation

Research opportunities/Projects

**Same university as undergrad or
somewhere new?**

Faculty

Size

Admission criteria

Location

Cost




W

Handout

This is customizable!

- > Order them by importance
- > Take out what is not important
- > Color-code it
- > Take notes
- > A good place to start



Determining Your Graduate School Best Fit

Use this sheet to help keep track of the various institutions you are considering as a comparison.

-It may help to give a score 1-5 (or any ranking that works best for you) to keep track of the schools.

-The characteristics can be adapted/customized to reflect your priorities and values.

Score:	1= worst fit, do not like it	2 = poor fit, not for me	3 = average	4 = decent fit, could see myself there	5 = ideal fit, perfect for me
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Characteristics	Institution #1	Institution #2	Institution #3	Institution #4	Institution #5
	Example: UW				
Size of institution					
Cost of program					
Funding options and opportunities					
Size of program/department					
Reputation					
Representation within department					
Academic rigor					
Location					
Value alignment					
Diversifying your experience					
Living arrangement potential					
Parking and commuting					
Cost of living					
Support network					
Meet prerequisite requirements					
Research interest of faculty					
Networking opportunities					
Thesis/project potential					
Professional development					
Level of autonomy					
Likelihood of acceptance					
Courses offered					
Where are graduates now					
Total Score:	0	0	0	0	0



A person wearing a colorful plaid shirt is seen from the back, writing on a chalkboard. The chalkboard is filled with faint, handwritten text in various colors. A large, dark purple, trapezoidal overlay is positioned in the center of the image, containing the main title in white text.

Preparing for graduate school

Common Application Components

Standardized
Exams: MCAT/
LSAT / GRE /
TOEFL

Resume / CV

Supplemental
Statements /
Grade
Addendums

Interviews

Personal
Statements

Letters of
Recommendation



Letters of Recommendation

Tips:

- > Start early
- > Be intentional about who you ask
 - Past or current professors
 - Employers
 - Mentors
 - Advisers
- > Be formal and polite
- > Give as many details as possible
 - Better instructions and information = better letter of rec

Subject: Letter of Recommendation

Dear Mr(s). _____

I hope you and your family are staying healthy and positive during this difficult time! I'm writing to ask if you could write a letter of recommendation for me for my college applications this fall. I plan on applying to [enter school names here] early and [enter school names here] regular decision.

I've attached my resume at the bottom of this email, but please let me know if you need any more materials from me. I'd love to have a phone call or zoom meeting some-time soon to discuss any questions you have!

Best,

Your Name

Attachments: Resume or activities list



Personal Statement

Quick Tips

- > Schools are interested in the following:
 - Who are you?
 - What are you interested in and why?
 - Why are you applying to this institution?

- > Start by highlighting 3 personal attributes that make you a unique or successful candidate and link them to relevant experience (jobs, internships, projects)
 - Connect this to specific aspects of the program (research opportunities, program structure, connections with community partners) and how they align with your short and long term goals



Helpful UW Resources:

Odegaard Writing and Research
Center
CLUE Writing Tutors
Career and Internship Center
Advisers



Career and Internship Center

Consider how an internship can help strengthen an application or give insight into future academic/career paths

MAY
14

How to Build a Network Workshop (Online)

Friday, May 14, 2021

1:30pm - 2pm

Virtual Session

MAY
18

Finding Internships Workshop (Online)

Tuesday, May 18, 2021

2:30pm - 3pm

Virtual Session

MAY
24

Resume Workshop (Online)

Monday, May 24, 2021

12:30pm - 1pm

Virtual Session



Pro tips:

- > Give yourself time to get all transcripts together
- > Try to meet with faculty or advisers from prospective schools
- > Talk to current students
- > Look at prerequisites early
 - Gives you time to take classes you may need
- > Don't be afraid to apply to certain programs
 - Even if you are missing some prerequisites





**Funding: the
important topic that
isn't discussed enough**

How much does it cost?

Cost Breakdown

Resident

Quarterly tuition (<18 credits):

- Fall 2020: \$6,504
- Winter 2021: \$6,590
- Spring 2021: \$6,590

Total: \$19,684

Nonresident

Quarterly tuition (<18 credits):

- Fall 2020: \$11,369
- Winter 2021: \$11,455
- Spring 2021: \$11,455

Total: \$34,279

Example from UW 2020-2021

Things to note:

- > Other schools may be more or less expensive
- > Tuition drastically increases if you take more than 18 credits
- > Does not include rent or other basic needs
- > Much more expensive than undergrad



Common sources of funding

- Teaching Assistant (TA)
- Research Assistant (RA)
- Scholarships
- Program funding
- Employers
- Financial Aid
- Loans
- Jobs

UW financial resources:

- Graduate Funding Information Service (GFIS)
 - They have a funding and grant writing workshop



Activity

What is one goal or step you want to take that can help you plan for your future education or career goals?

Examples: “I want to attend a Career and Internship Center event this quarter” or “I want to start looking for a summer internship.”



Key takeaways

- Start planning **early**
- Utilize resources
- Explore your options

Questions?

Contact information

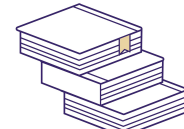
aspcoach@uw.edu

<http://www.academicssupport.washington.edu/>

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