

## THE SCHOLARS' CORNER BULLETIN ~ March 27, 2017

### Dates & Deadlines

April 18 – Last day for master's and doctoral comprehensive examination or thesis/dissertation defense if the student plans to graduate Spring 2017

April 18 – Last day for approval of thesis, dissertation, or professional paper (if professional paper is submitted to library) by formatting advisor.

[Click here to review future deadlines.](#)

Hello Graduate Students,

As the semester winds down and finals week approaches, **don't forget about self-care!** When the semester gets busy and we are faced with deadlines, students often neglect some self-care basics. Counseling & Psychological Services (CPS) offers a few tips to help you get to the finish line:



Break it Down: Now that we're in the home stretch, it could be helpful to make a task list for each class, your research, job, etc. This makes things more concrete and it can feel less overwhelming to get it out of your head and onto paper. Once it's on paper, you can break tasks down into smaller chunks and schedule times to work on them.

Schedule: In addition to scheduling work and study time, look for gaps in your schedule to grab coffee with a friend, watch a few episodes of a show, get outside, engage in some physical activity, etc. Some downtime, relaxation, and activity is important, and when we schedule it in small doses it helps maintain our wellness and productivity. Try to plan ahead for meals so you have groceries to get you through the busiest times; when we don't plan, we tend to eat convenience foods which are often less healthy and zap our energy.

Sleep: Good time management often prevents the need to stay up too late working. Try to budget your time to get a good 6-8 hours of sleep, particularly during crunch time. Quit working about an hour before bed and put whatever's left from the day on a list for things to do tomorrow, and try to focus on sleep rather than the events of the day or what's on the agenda for the next day.

CPS is here if you need support. We also offer services over the summer, so that is an option for many graduate students as well. Call us at 406-994-4531 or visit [www.montana.edu/counseling](http://www.montana.edu/counseling) to learn more.

Sincerely,

Dr. Brian Kassar  
Counseling & Psychological Services

### **Interview Skills Workshop Follow Up – Link to PowerPoint Presentation**

On March 22, sixteen graduate students joined Steven Enoch, educator, former superintendent of schools, and Career Coach at the Allen Yarnell Center for Student Success, for an interview skills workshop. Steve shared practical tips, insights, and research on how to ace the job interview. A copy of the workshop PowerPoint presentation can be found [here](#).

## **PROFESSIONAL DEVELOPMENT ACTIVITIES FOR GRADUATE STUDENTS**

### **March 29: Professional Skills Studio: Socialization to the Workplace & Understanding Organizational Culture**

Time: 4-5 pm

Location: Strand Union Building, Room 168

Join staff at the Allen Yarnell Center for Student Success for a professional skills studio. Learn how to understand the dynamics of different workplaces and develop skills that will help you work better and adapt in these different environments.

### **March 29: MSU LaunchCats Entrepreneur Speaker Series: Innovators**

Time: 5-7 pm

Location: Strand Union Building, Ballroom D

MSU LaunchCats will host the third event of the Entrepreneur Speaker Series. The theme is Innovators, and will feature talks from Alysia Andrikopoulos, the creator of Google Maps, James Woodson, the founder and CEO of Pulsara, and Joel Martin, a freelance marketer and filmmaker. To learn more about the event and the speakers, visit: <http://www.launchcats.org/speaker-series-innovators/>

### **April 4: EndNote Basics Workshop**

Time: 12:00pm - 1:00pm

Location: Innovative Learning Studio, first floor of Renne Library

### **April 7: Open Writing Time at the Writing Center**

Time: 9:00-11:30 am

Location: Wilson 1-114

Join the Writing Center for open writing time. Erin, their graduate and English as a Second Language (ESL) specialist, will be available to help with work at any stage of the writing process.

### **April 7: *First Fridays*, What is your game plan?**

Time: 3-4:30 pm

Location: Innovative Learning Studio, first floor of Renne Library

Facilitator: Anna Zelaya, Ph.D. candidate, Microbiology & Immunology

Identify values, set goals, and work towards a meaningful and successful career. This interactive workshop will walk you through the process of creating a personalized individual development plan (IDP), which will help you set goals to pursue the career path that best fits your needs and values.

The Graduate School will provide popcorn and beverages.

RSVPs are encouraged. Please [click here](#) to register.

### **April 12: The Writing Center Presents WriteNight**

Time: 4-7 pm

Location: Renne Library, exact location TBD

Join writing tutors and librarians. They'll work with you at any stage of the writing process, or you can just use the time to write.

**April 19: EndNote Advanced Workshop**

Time: 11 am – 12 pm

Location: Innovative Learning Studio, first floor of Renne Library