

The Insider:

The source for graduate student news & events at MSU

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Upcoming Events:

February:

2/8: Coffee Hours

2/12: Workshop

2/15: Coffee Hours

2/16: Workshop

2/22: Coffee Hours

2/23: Resume Help

3/1: Coffee Hours

Stop by our office in room 110 Student Services Building or visit our website at Careersuccess.msu.edu/wellness

MICHIGAN STATE UNIVERSITY



Graduate Student Life & Wellness

Welcome!

Welcome to the sixth issue of *The Insider* newsletter! As part of the Graduate Student Life & Wellness program at Michigan State University, this newsletter is your resource for graduate student news and events.

Graduate Student Events:

Grad Student Coffee Hours:

Every Tuesday from 11am-1pm in 110 Student Services. [More.](#)



3rd Annual Graduate Academic Conference, Sponsored by COGS— March 25th, 2011

The Graduate Academic Conference (GAC) is a forum for MSU graduate and professional students to present their academic work to the larger MSU community. Organized and implemented by the MSU Council of Graduate Students (COGS) with the support of MSU colleges and stakeholders, the GAC provides a way for graduate and professional students from different disciplines to share ideas and practice presentation skills. The goal of the GAC is to showcase both completed and ongoing research conducted at MSU and several monetary prizes (a total of \$5,000) will be awarded to the top participants, as rated by faculty and student judges.

For more information on the conference, check it out [here](#).



Bite of the Week

Have you seen our Bite of the Week post on our blog? It's a weekly recipe that's quick, inexpensive, and delicious— perfect for graduate students. Have one you think would be great to share? Send it to us at

gradwellness@vps.msu.edu.

Check it out [here](#).

Upcoming Workshops

Navigating the PhD: Managing Time and Academic Relationships

February 12th, 2011 9:00 AM

Participants will create academic timelines for their PhD work at MSU and discuss technologies and habits that can help them stay on task. Participants will also discuss how to manage the stress that often pervades the life of PhD students and share strategies for overcoming writer's block and procrastination. Additionally, discussion about selecting and working with committees will provide a space for sharing about and learning how to communicate with faculty members about participants' research and writing. Find out more information [here](#).

Registration is **Required**. To register, email the Graduate School at gradwvsp@msu.edu and please include the following: Name, Department, Email Address, Name of Workshop and Date you would like to attend.

Webinar: From CV to Resume: Developing Written Credentials for Non-Academic Positions

Presented By Dr. Matt Helm, Director, PhD Career Services

February 16th, 2011 12:00 PM

This workshop will discuss the differences between the curriculum vitae and the resume, help Ph.D. students highlight their transferable skills in resume format, discuss the different types of resumes, and provide suggestions for formatting and self-promotion. Cover letter writing will also be discussed.

Find our more information [here](#).

There will be a follow-up workshop for drop-in resume help in 110 Student Services on February 23rd from 11:00 AM– 2:00 PM. Hosted by Dr. Matt Helm and Pam Henderson

For more information on upcoming workshops and events, check out the Graduate School's website [here](#)

Thinking about your career and life after graduation?

Whether you are interested in pursuing an academic career or exploring the diversity of nonacademic professional options, PhD Career Services has workshops, services, and online resources that can help you with every stage of the job search process. The website has a plethora of useful tools as well as access to great resources like BioCareers (for life sciences) and Versatile PhD (for humanities and social sciences).



Also, our career counselors, Dr. Matt Helm and Pam Henderson, are happy to meet with you confidentially to assist you with your career goals. To learn more and to access these resources, please visit www.grad.msu.edu/careerservices.



MSU faculty, staff and graduate student employees: Did you know that Health4U and Employee Assistance Program (EAP) offers several workshops and events for free or a discounted cost to you? Check out their website [here](#) for a list of events.



Have you heard of the new MSU web magazine, *eMazine U*? It focuses on health & wellness issues pertinent to MSU students and includes resource information on campus for help or info in each area. Check it out [HERE](#)



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Careersuccess.msu.edu/
wellness



Council of Graduate Students (COGS) News:

Child Care Endowment Fund Created

The Council of Graduate Students (COGS) has recently passed a resolution to establish a child care endowment fund for MSU Graduate Students. COGS will fund the seed money for the creation of an endowment and expandable fund aimed at helping financially needy student parents pay for their children's preschool and day care costs. Additionally, the fund has also closed the gap for International Students who, prior to this endowment, had no form of financial assistance available to offset this cost. This endowment has received substantial support in terms of monetary contributions from the Offices of: International Students and Scholars, Diversity and Inclusion; Finance and Operations, Student Affairs and services and the Graduate School as well as from the Colleges of Agriculture and Natural Resources and Engineering.

For more information on the endowment, check out one of the articles published in [The State News](#) as well as the most recent COGS newsletter [here](#).

Graduate Employees Union (GEU) News:

Contract negotiations between the University and the Graduate Employees Union have officially begun, with two 4-hour sessions per week already scheduled through Spring Break. The primary issues under consideration are graduate assistant stipend levels, tuition waivers, health care benefits (including dental), and working conditions.

If there are ideas or concerns that you would like to see addressed in the new contract, or if you simply want to hear how things are going at the bargaining table, the GEU would like to see you at your college's listening tour. GEU is arranging times to meet with graduate students in each of the colleges throughout the month of February. For more information on these college-level events as well as the bargaining process in general, visit www.geuatmsu.org or follow the GEU on Facebook and Twitter. You can also hear our Vice President Andrew Cooper speak at the upcoming Board of Trustees meeting, February 11.

MSU Center for Statistical Training and Consulting

Interested in getting more training in statistics? The MSU Center for Statistical Training and Consulting offers a variety of workshops to faculty, staff and graduate students. Check out their website [here](#).

Stay Tuned for The Graduate School's NEW Website

The Graduate School has been in the process of building a new website that is set to launch in the near future. In an attempt to centralize information, resources and different programs pertinent to graduate students, the website will be easy to navigate as well as interactive. All of the graduate programs will be featured (PREP, Graduate Student Life & Wellness, PhD Career Services and CAFFE) along with new content currently being developed. Stay tuned for more updates and the launch of the new rendition of The Graduate School website.



A Graduate Student Community:

Graduate Students— Looking for a place to seek answers and help from other graduate students? This website is a great resource to find out information about anything from how to conduct a literature review to how to ask your advisor for help. It is a graduate student community that offers a lot of insight to occurrences and situations in our everyday life.

Check out GradShare.com

Follow Graduate Student Life & Wellness for upcoming events, programs and resources for MSU Graduate Students!

  

Follow us on [Twitter](#), [Facebook](#), [Wordpress](#), or check out our [Google Calendar](#)

Ph.D. (Piled Higher and Deeper) A Graduate Student Therapy Group

Tuesdays - 3:00-4:30pm
 Jan. 25 - April 26, 2011
 (**No meeting on Feb. 2, March 8, and April 5)

Being a graduate student can have unique challenges, both professionally and personally. This therapy group will utilize supportive dialogue and action methods to reduce stress, facilitate healing, and encourage growth.

Find out more information [HERE](#).

Brought to you by:
 Graduate Student Life & Wellness at Michigan State University

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Dissertation Support Group

Room 6 Student Services Building

Wednesdays at Noon- 1pm on 2/23, 3/2, 3/9, 3/23, 3/30, 4/6 (Please note that we **will not** meet on 3/16 due to a previously scheduled conflict.)

This group is designed to be a six-week workshop for graduate students who are experiencing difficulty in the writing or completion of their dissertation. ***This group is open only to those students who are actively working on and writing their dissertation full time.*** The group follows a brief, solution-focused model that utilizes short-term goal-setting in order to facilitate and maintain progress in the writing of the dissertation. It is intended to help students stay on track to meet an expected defense/graduation date. In addition, the group seeks to provide participants a supportive environment in which the presence of peers helps to mitigate the sense of isolation, frustration and anxiety that often accompanies the dissertation writing process. The group is facilitated by a member of the Counseling Center staff. For more information about the group please contact Aislinn at: aislinns@cc.msu.edu or 355-8270.

Time Management Group

Room 13 Student Services Building

Thursdays 12pm-2pm on 4/7, 4/14, 4/21, 4/28

This is a four week intensive workshop that is designed to help graduate students acquire the time management skills that are necessary for success in completing an advanced degree. The volume of work that characterizes many graduate programs combined with a relative lack of external structure make it necessary that graduate students possess the ability to effectively manage their time. In order to ensure that participants acquire skills they will be able to implement after the workshop, this group does not attempt to provide a "one-size-fits-all" approach to time management. Rather it will attempt to help students design and implement a time management style that compliments his or her individual personality. The group will run for four 2-hour sessions on consecutive weeks. ***Attendance at all four sessions is mandatory for participation in the group.*** For more information about the group contact Aislinn at: aislinns@cc.msu.edu or 355-8270.

Brought to you by The Counseling Center at MSU

