

Grad Connect - News from Utica College

1 message

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Issue 21

Striking a Balance

A new semester is upon us, which is exciting but adds more tasks on your to do list. For most graduate students school is just one of their responsibilities; many also have careers, families, etc. In an effort to start the semester off on a good note here are some tips on how to strike a balance between your personal and professional lives. Finding a balance does not mean you need to multitask like a pro or stress yourself out, it means re-evaluating your responsibilities and finding strategies that work for you.



The most commonly suggested tips are prioritization and time management. Making a list of all of your responsibilities will not only help with prioritizing, but presents the opportunity to evaluate what duties are crucial. Once you have determined your obligations and prioritized them, you can begin to schedule times to work on each task and create completion deadlines. When scheduling your time, you will want to remember to account for travel time between locations. Surprises and delays will happen so be prepared to make adjustments when necessary. If you end up with extra time it can always be used for a break or extra work time.

Once you are ready to tackle that to-do list you will want to cease or limit use of electronics. Time spent on the internet and social media adds up faster than you realize and before you know it you have

Important Dates

Please note the upcoming deadlines:

January 23 - Deadline to submit capstone to be enrolled in 998

January 23 - 16 week courses start

January 29 - Last day to add/drop a 16 week courses

February 10 - Last day to withdraw from a D1 course without academic penalty

February 10 - BLOC closes for D1 and D2 courses

February 21 - SOOT opens for D1 courses

Changes to the

exhausted your allotted time. Phones, email, and text messages can interrupt your work flow, as well as consume your time. If you are not able to disconnect, consider putting devices on silent. Make a commitment to yourself that you will only use the internet when it is relevant or necessary and hold yourself accountable.

Family and Friends often want to help and be supportive of your endeavors which can be a help or hindrance depending. Be sure to be honest and up front about your needs and availability. It can be tempting to agree when they ask for help, but make sure it is a commitment you can fulfill. If your calendar does not allow for extra activities, don't feel bad about saying "no"; you do not want to set you or your friends and family up for failure. When you are the one in need, go ahead and ask for help, it is perfectly acceptable to do so. Supportive family and friends will usually be happy to help whenever possible.

If you are able to find that work-life balance graduate school can be a rewarding experience for personal and professional development. Find out what works best for you! Get more information about striking a balance [here](#). The UC community wishes everyone a successful semester!

The Write Idea: Writing Drafts

Writing can pose many challenges and produce the fear that one's writing will be sub-par. Starting with a rough draft allows the writer to accept the fact that their initial writing will not be their best. When writing a rough draft do not try to edit, just get started and edit later.



Some ways to get started on your first draft are to start with sections that are easier or more interesting so you can get going. Just because you are starting to write, does not mean you need to start at the beginning. For example you may have ideas pertaining to another section but be stuck on the introduction. If an idea comes to mind, write it down so you can to it return later without forgetting it.

Once past the initial obstacles, take advantage of being on a roll and write as much as possible. Do not worry about the quality, or quantity. It can always be edited down later and provides a foundation for you to work upon. Periodically check that you are sticking to your topic or else your hard work may become irrelevant. Make sure you save, save often, and back up your work in multiple places. Nothing is worse than making a lot of progress only to lose it. If you get stuck mark the area and move on, you can return to it later.

Keep on working at your first draft until it is done and stay positive.

GSO Pub Night

Don't forget to join the [Graduate Student Organization](#) on January 23, 2014 for a pub night. Please note the time of the event has changed from 9-11 pm to 5-8 pm. The pub night is sponsored by the [Office of Alumni and Parent Relations](#) and will feature entertainment by [The Rick Short '88 Band](#). Free moose chips, and "dollar" UC Club drafts will be available. Students under 21 are welcome to come and enjoy the band from the Pioneer Cafe area. If you are interested in attending please [RSVP here](#) or call 315-792-3053. It is a great networking opportunity! The Graduate Student Organization looks forward to seeing YOU at our first event of the year!

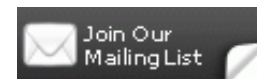
Did You Know?

Utica College has been named a military friendly school by GI Jobs Magazine, a Top Military Friendly College by Military Advanced Education, and is a [Yellow Ribbon](#) Participant. UC was originally founded by Syracuse University in 1946 to offer returning WW II veterans educational services, a tradition that continues today. Although Utica College has separated from Syracuse University, it still uses a student-veteran focused approach to service and opportunity. The college offers benefits to veterans such as a 10% tuition discount for eligible online

Recognize that your first draft lays the groundwork for the final product. The editing process will give you a chance to fine tune your work. Completing your first draft is a big accomplishment so make sure to celebrate this milestone!

students, and [financial flexibility](#). Any questions regarding tuition, financial aid, or discounts can be directed to the office of Student Financial Services at [315-792-3179](tel:315-792-3179) or sfs@utica.edu. Utica college also provides a [military leave of absence](#), and a [veterans support staff](#). Find out more about these resources and how Utica College is a veteran friendly school [here](#).

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