

## TIPS FOR GRAD STUDENTS

Moving to a new city, new apartment can be exciting and fun. Starting or returning to a graduate program can be exciting too but could also be overwhelming.

University of Ohio researchers offer the following list of tips to help you keep grounded as you adjust to your new life. Grad school is your new job learn to manage it from the start.

Create healthy habits from the beginning:

- 1) Write everything down
- 2) Schedule everything you have to do using a paper calendar or an app
- 3) Start with the musts; 7 hours sleep
- 4) Groceries
- 5) cooking
- 6) Eat regular meals
- 7) Exercise / workouts
- 8) Class time
- 9) Travel time to get to class???
- 10) Take one syllabus at a time and record when your work is due
- 11) Work from there; much time will it take you to write your paper, research, etc.?
- 12) Be prepared: find a doctor, dentist and pharmacy when you don't need one and read up on your health insurance
- 13) Socializing – be sure to include your time off you need to recharge and connect with your friends.
- 14) Enjoy your successes