

Spring 2016 RSENR Graduate Student Professional Development Series

<p>Resilience & Stress Management <i>Jeff Rettew</i></p> <p><u>January 29th, 11:30-1</u> Aiken 311</p>	<p>Research Ethics & the IRB Process <i>Ted Marcy</i></p> <p><u>February 22nd, 11:30-1</u> Aiken 301</p>	<p>Effective Time Management Skills <i>TBA</i></p> <p><u>TBA – March</u> Aiken 311</p>	<p>Demystifying Proposal Writing <i>RSENR Student Panel</i></p> <p><u>April 7th, 5-6:30</u> Aiken 311</p>
<p>As a grad student, you undoubtedly have a lot on your plate. Balancing the demands of coursework, research, and all your other interests and commitments can be rough. How do you maintain a healthy relationship with stress management and keep going strong? Dr. Jeff Rettew, Assistant Director at UVM Living Well, will lead this session on how to identify our individual stress management styles, cultivate a growth and optimism mindset, and seek UVM resources available to grad student wellness. Enjoy the company of Tucker, the therapy dog, during this session as well!</p>	<p>If your research includes human subjects, ethical considerations and approvals are required. It can be difficult to understand what these considerations are, how to structure your research to follow them (and get university IRB approval), and what to do if your research changes along the way. Dr. Ted Marcy, UVM IRB Chair, will guide this presentation and conversation (including examples from our own research), to help us learn how to navigate this process. <i>Note:</i> RSVP by Feb 8th and include a brief statement of your research topic, study design, and any related questions you have.</p>	<p>We've all been there at least once (or maybe perpetually): Problems with prioritization and procrastination. This session centers on tools and techniques to help you focus on identifying priorities, keep on track with tasks, and apply strategies for more effective time management. Learning skills to efficiently use your time and stave off procrastination temptations is valuable knowledge to carry into practice during grad school and life beyond. Our speaker works with a variety of engagements and collaborators and knows the pressures of concurrently balancing many time demands.</p>	<p>Getting your ideas onto paper and writing your research proposal may seem daunting. What is a committee generally looking for? What makes a sound scientific basis for an investigation? How do you know when you've ventured down the literature rabbit hole far enough? Hearing how others have successfully written theirs may provide insight on how to best delve into the process. This evening session centers on that sharing of information. A panel of graduate students (MS and PhD) will share their experiences with the proposal process, laden with tips, tricks, and adventures.</p>

RSVP: Carolyn Goodwin Kueffner (cgoodwin@uvm.edu)

Food provided! Please include any dietary needs on your RSVP so that they may be accommodated.

Upcoming:

- The UVM Student Research Conference will be held on April 28th (applications open February 22nd – March 22nd). This is a great opportunity to share your research with a broad audience, enhance your presentation skills, and receive feedback on your work. The Center for Teaching and Learning will hold presentation workshop sessions in March (dates TBA; pre-registration required). Conference/workshop details: <http://www.uvm.edu/~uvmsrc/>

- RGSA will be hosting weekly tea times this semester! Join your colleagues for a cuppa and conversation in this weekly 30 min break. Look for details soon. Two other events are in the works as well: the Dean's forum and the graduate student retreat. Stay tuned!