



UNIVERSITY
OF WYOMING

Graduate Education

A Note to Students

Dr. James Ahern, Vice Provost and Dean of the School of Graduate Education

Happy Summer! As summer winds down and the new semester is just around the corner, I hope that all of you are taking time to take care of yourselves and your loved ones. As we look to the next academic year, I hope all of you continue to take care of yourselves, as school/work-life balance is crucial to your and the university's success. This newsletter highlights the resources available to help you be at your best throughout the year.

Over the next year, I look forward to pushing forward some key initiatives that will help UW graduate education excel. Over the past year, Graduate Council has been hard at work envisioning the re-establishment of the UW Graduate Faculty. This will be a crucial step forward as it will set common expectations for graduate student mentoring, provide academic personnel with clear pathways for contributing to graduate education, and streamline graduate committee formation, among other processes. Graduate Council will continue its work this fall, and I anticipate that we will present our initial proposal for the Graduate Faculty to campus by late fall or early spring for further feedback and further refinement.

Also in the queue for the coming year will be the development of a Graduate Student Council to represent student perspectives to the graduate school, a professional development initiative to provide better coordination and offerings to our students and faculty, a student success initiative focused on helping students find best pathways through graduate school, and the implementation of a true electronic process for graduate forms.

On a challenging note, the landscape for diversity, equity, and inclusion (DEI) in higher education is rapidly changing. This summer's Supreme Court decision on affirmative action in college admissions and other aspects of the political and legal environment mean that UW will need to redouble its efforts in this arena. In May, VP for Diversity, Equity, and Inclusion Zebadiah Hall and I sent a memo to all faculty and college administrators discussing our ongoing challenges in graduate education DEI. Some key recommendations that we made to graduate programs include effective and inclusive onboarding of all graduate students, equitable access to funding and research opportunities, establishment of Individual Mentoring Plans, and measures to prevent silo-ing of graduate students. Please see the full [memo](#). This important work is ongoing.



DR. JAMES AHERN
VICE PROVOST & DEAN OF
GRADUATE EDUCATION

[Graduate Student Degree Timeline](#)



University Resources

Graduate Student Degree Timeline

It's important to be aware of the various forms and tasks that must be completed as you navigate your graduate degree. Review the graduate degree timeline often to ensure you are on the right track! Visit the [Graduate Student Degree Timeline](#) webpage for more information.

Mental Health

University Counseling Center (UCC)

Located in Knight Hall, the UCC is open Monday-Friday from 8 am- 5 pm. They offer short-term, **free** support for full-time students. Telehealth and in-person services are available. Visit the [UCC](#) for more!

WellSpring

Available to most in the university and the broader community. Services are **free**, and a variety of times are offered during the week. Visit the [WellSpring](#) website for more.

Psychology Center

Offering affordable services to the university and surrounding areas. Services include psychotherapy, assessment, and diagnostic clarification. Review the [Psychology Center's page](#) for more information.

Wellness

Wellness Center

Found in Half Acre, The Wellness Center offers many opportunities to destress and feel better, including:

- Puppy or kitten play dates
- Wellness and stress management groups
- Massage chairs
- Personal training

Half Acre

Offering something for everyone, [Half Acre](#) promotes physical wellness. **Bonus: Even brief exercise can improve mood, concentration, and sleep!**

Student Health Center

The Student Health Center offers various services, including a full-service pharmacy, treatment, support for multiple illnesses and injuries, and preventative care. To review more information, view [Student Health's website](#).



UW Food Share Pantry

The [UW Food Share](#) is open to anyone associated with the university. University of Wyoming, Knight Hall, Room 106.

Hours of Operation:

Monday and Thursday | 4:00 pm – 7:00 pm
Saturday | 4:00 pm - 6:00 pm



Safe Project

SAFE Project offers free and confidential advocacy to students, staff, faculty, and the University of Wyoming, survivors of domestic violence, sexual assault, stalking, and family violence. They can help with safety planning, campus, and community referrals, academic support, support reporting to law enforcement and Title IX, protection orders, and more. The campus advocate, Dakota Metzger, can be found at Knight Hall 103 or at campus@safeproject.org or 307-766-3434. Visit them on their [webpage](#).

Restorative Justice Center

Restorative justice is a set of practices and philosophies that reframes how we address and respond to harm while building community. The Center offers Community Circles and Restorative Circle and/or RJ Conference support for students or student groups who wish to repair relationships and tend to the community when harm has arisen. Contact the Restorative Justice Program Manager at cnovotn1@uwo.edu.

Social & Professional Development

Graduate Student Network (GSN)

This Registered Student Organization (RSO) is focused on improving the professional and social aspects of being a graduate student. GSN activities include:

- Research-specific seminars and speakers
- Focus-group discussions
- Conference presentation feedback
- Social hours

For more information, visit their [Facebook page](#).

Thriving in Graduate School

Balancing the domains that affect our wellness can be complex, especially in graduate school. Even just thinking about the several wellness domains, you may see spaces you may sacrifice while studying. While finding a perfect balance between all eight wellness dimensions may be nearly impossible, you may fair better as you navigate your degree when you can incorporate the wellness domains that fit your life. To use the Wellness Wheel, take a moment to draw out a large circle and do your best to divide it evenly into eight pie slices. Below is a visual diagram that may be helpful. Be sure to label each "pie slice" with a different wellness dimension.

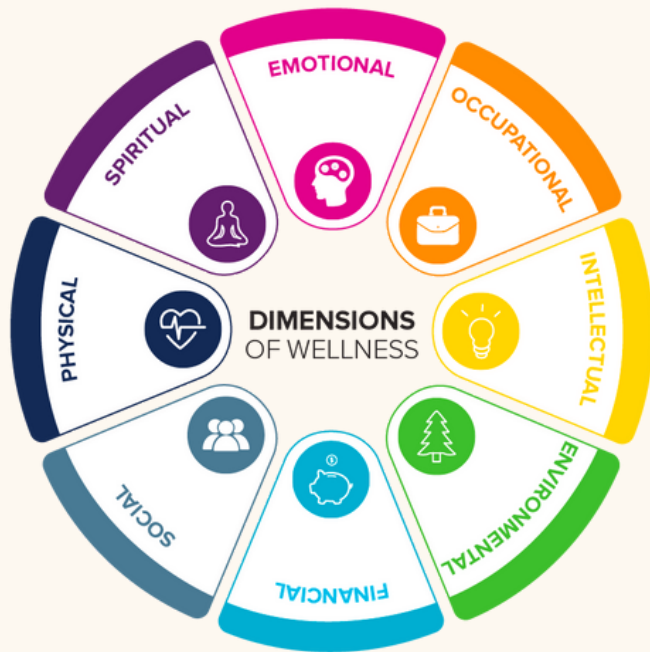


Image sourced from UC Davis Counseling Services



Finding more balance in your overall wellness may allow you to show up to your academic life more refreshed and prepared to learn. You may start to feel that there is not enough time for all that fuels you in the day. While you may be right, let's closely examine your day-to-day responsibilities.

What does your day look like?

What seems to be taking up the most time?

In exploring these questions, it may be helpful for you to take a day to track all that you do in a day—noting everything from academic responsibilities to time spent on social media. Then explore the following:

How does each activity in your day fuel you or your future goals?

Start small if you begin to make changes to improve your overall wellness. Try something new, or work to build a new habit. And you can incorporate resources you already have access to!

Take a moment to color each section to represent how much energy or effort you put into each space. Once you have finished your wheel, take a moment to reflect.

What spaces are less full?

What spaces are full?

What comes up for you as you look at a visual representation of how you break up your wellness?

How may you want to change how you have filled in the wellness wheel?



Thriving in Graduate School

When you have a good idea of how you want to improve your overall wellness, you may be curious about what options are available to you. Thankfully, the University has several resources that may help manage life in graduate school. While we broke well-being down into physical, emotional, social, and academic detentions, many resources can support you in multiple aspects of your life and goals!



Physical Wellbeing Cent\$ible Nutrition

Cent\$ible Nutrition could be incredibly helpful in supporting your nutritional and financial wellness. It can also be a fantastic resource for planning your meals while budgeting, which can be time-consuming. Cent\$ible has several budget-friendly meal plans and premade recipes and can be an excellent starting place to ensure you eat an affordable and nutritious meal. Visit them at [CentSible Nutrition Program](#).

UW Food Resources - Every Poke Nourished

Living on a student's budget can be challenging, and with that, being able to fuel your body and mind is necessary. The University has several food shares that are free and accessible to all that are associated with the University. Check out the [University Map](#) for more information and where to locate the food share closest to you.

Student Health Services

Getting off campus for an appointment can feel impossible at times. Thankfully [Student Health](#) offers various services to support your overall health and well-being. You can even pick up prescriptions from the full-service pharmacy.

Wellness Center

Free Chair Massages? Yes, please. Destress events with puppies and kittens, yay! Mindfulness and meditation workshops can also be so helpful. Self-compassion workshops while working on your dissertation or thesis may feel incredibly helpful. Financial Wellness tips and tricks helpful. The wellness center is the one-stop shop for overall wellness. Visit their [webpage](#) to learn about all they have to offer.

Half Acre

Moving your body in a way that feels good to you can be an excellent way to reset and relieve stress. Half Acre has a wide variety of classes, from yoga to Zumba, Climbing clinics, a lap pool, a huge weight room, and a variety of options for cardio.

Outdoor Program

The Outdoor Program is an excellent way to connect with new people, find movement for your physical body, and challenge your mind by learning new skills. The program works hard to offer the university community many inclusive, safe, reasonably-priced outdoor opportunities. View the summer calendar below or their [webpage](#).

SUMMER 2023

JULY 25, 8AM-12PM	HAPPY JACK FLY FISHING
AUGUST 8, 12PM-4PM	HAPPY JACK MOUNTAIN BIKE RIDE
AUGUST 10, 5PM-10PM	MEDICINE BOW PEAK SUNSET HIKE

Thriving in Graduate School

Psychological Wellbeing

University Counseling Center

Okay, we all know how hectic the academic year can be; summer can be a fantastic time to build habits supporting your mental health. The University Counseling Center is a free service to all enrolled students. They offer both individual and group counseling. Visit them at the [University Counseling Center](#) for more information and how to get started.

Wellspring Counseling

Wellspring Counseling is a student-run counseling service here on campus. Faculty and doctoral student oversees master's level clinicians in providing counseling. The service is free and available to all in the Wyoming community. The clinic is closed for the summer and will accept clients starting in the Fall semester. Visit their [website](#) to learn more and to get started.

Psychology Center

The Psychology Center offers university community members affordable mental health care and assessment. Graduate student therapists conduct assessments and treatment under the direct supervision of a licensed clinical psychologist. To learn more about their specialties, visit the [Psychology Center](#).



Social/Relational Wellbeing

Graduate Student Network (GSN)

Looking for a space to connect with other graduate students? Look no further than the Graduate Student Network. The GSN is fantastic at planning events, from writing workshops to hikes with the outdoor program. If you'd like to get involved, you can visit the [GSN Facebook](#) page.

Diverse Graduate Student Mentoring

This group is designed to be a space for diverse graduate students to build community, develop professionally, participate in social events, and meet other students from various disciplines. The group mixes community and mentorship to support graduate students in thriving while navigating graduate school. If you would like more, you can visit the [programming webpage](#).

Registered Student Organizations (RSO)

Are you interested in finding a community outside of your department? You can find an organization for just about any interest, and if you can't find an RSO that fits you, create one. Explore [RSOs](#) today!

Service, Leadership, Community Engagement (SLCE)

Looking to get involved in the community, give back, and connect with like-minded people. Check out all that [SLCE](#) has to offer.

Thriving in Graduate School

Academic Wellbeing

Ellbogen Center for Teaching & Learning (ECTL)

When you begin as a Graduate Teaching Assistant, it is common to be nervous about instructing your first class. The ECTL is an excellent resource for ideas and assistance in improving student learning. "ECTL mentors have years of experience in teaching a variety of disciplines, using a variety of modalities, and are experts in pedagogy. Whether you are looking for tips or feedback on teaching, are interested in being part of a community of learners, or want to check out specific workshops in digital teaching and learning, critical and creative thinking, collaborative communication, or assessment of student learning—our friendly staff is here to support you in your teaching journey". To continue reading and learn more, visit the [ECTL](#).



University Libraries

UW Libraries provides resources and services to support your success as a graduate student in research, scholarship, and teaching.

- Did you know your department has a dedicated liaison librarian? We can help you search like a pro! [Consult with a librarian](#) to learn search tools in your field, conduct a literature review, find unique sources, and more.

University Libraries

- Expand your reach by sharing your scholarship and research through [WyoScholar](#). The Libraries provide global visibility for your work through this open-access repository!
- [Citation management tools](#) provide efficient ways to cite and organize your research; your liaison librarian is happy to visit with you about options for your specific needs.

We are also home to unique, innovative spaces, including the [Digital Scholarship Center \(DSC\)](#) and [Studio Coe](#).

- The Digital Scholarship Center offers consultations, training, and workshops to help you implement your digital projects, emphasizing computational research, open-access publishing, and data management.
- Studio Coe is a multimedia lab where you can get help with creative technologies, including video editing, podcasting, and virtual reality. Staff can assist you via consultations or in-depth workshops.

UW Libraries' [training and workshops](#) cover topics such as Python, R, Zotero, EndNote, data visualization, data management, researcher IDs, research poster design, and more. [View all upcoming events](#) on our calendar.

Not in Laramie? No problem! We offer the majority of our workshops in a hybrid format, provide consultations via Zoom, and you can request materials through [inter-library loan](#) to be mailed to your home address if they aren't digitally available.

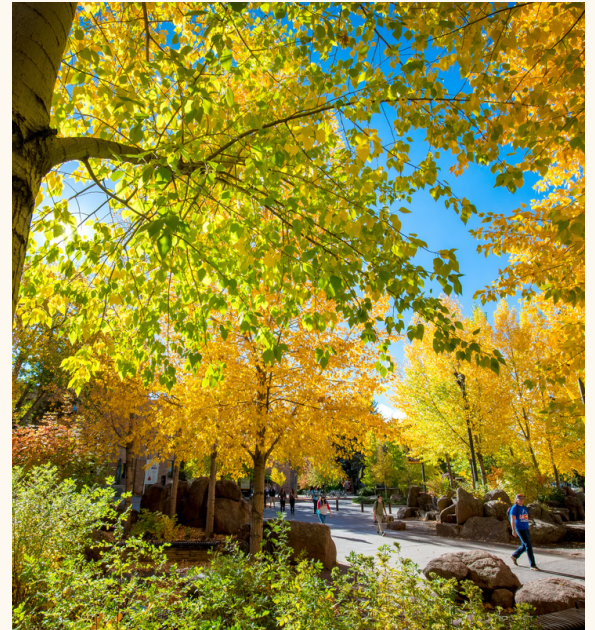


Graduate Assistant Teaching and Learning Symposium

The Graduate Assistant Teaching and Learning Symposium is intended for graduate assistants (GAs) with first-time teaching responsibilities. Providing our GAs with some keys to success in working with our students is critically important. The symposium is designed to introduce GAs to practical ways of working with their students and dealing with issues they may face in the role of the teacher.

The Fall 2023 **Graduate Assistant Teaching and Learning Symposium** is scheduled for **August 24, 2023**.

Please save the date for this all-day, in-person event. Event registration and additional details will be available soon and can be found on the [Teaching and Learning Symposium](#) webpage.



Crisis Support

University Counseling Center- 307-766-2187
AFTER-HOURS CRISIS, call 307-766-8989

Laramie Suicide Prevention Hotline
Call or Text: 307-977-7777

National Suicide Prevention Lifeline
Call: 1-800-273-TALK

Crisis Text Line
Free 24/7 line: Text HELLO to 741-741

Important Dates

8/24 Teaching and Learning Symposium
8/28 Fall 2023 semester

9/4 Labor Day

Please refer to the [Registrar's Office](#) calendar/deadlines for other important dates and deadlines.

