



UNIVERSITY
OF WYOMING

Graduate Education

A Note to Students

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

Happy Fall Semester! Welcome to our new graduate students and welcome back to all of our continuing students. I am thrilled that you are here at UW! Graduate students are integral to making UW the kind of place it is. Without your expertise, community, and hard work, we would not be the kind of research university that we are. Thank you!

As highlighted on page 3, UW's Annual Giving Day is right around the corner (October 25-26) and the Graduate School is prioritizing graduate student success for its fundraising. You give so much to the university, and we need to be able to give you the sort of support you need to be successful. Therefore, we are working on raising funds to support graduate student research, travel, hardship support, and community. Please encourage those who are able to consider donating to the School of Graduate Education's Giving Day campaign.

On October 17th, the Graduate School launched two new funding programs to recruit new graduate students. The **Distinguished Graduate Scholars program** will provide two years of graduate teaching assistantship funding to students who

join UW in the Fall 2024 semester. This program prioritizes recruiting graduate students who have achieved academic excellence in the face of adversity. The **McNair Graduate Scholars program** also will provide two years of GTA funding for alumni of McNair Scholars programs. These new initiatives represent the next step in our effort to support a diverse and thriving graduate student community at the university.

On page 5, we offer some information and advice about Laramie's forthcoming winter. I love winter in Laramie! Walking across campus when it's cold, windy, and icy isn't exactly my favorite, but I love getting outside for fun during the winter. Laramie has fantastic Nordic skiing, snowshoeing, and biking within a few minutes' drive. Downhill skiing and snowmobiling in the Snowies is just a few minutes' drive farther. I encourage you to take advantage of the Wyoming Winter Wonderland that will have in the upcoming months!



DR. JAMES AHERN
VICE PROVOST & DEAN OF
GRADUATE EDUCATION

Graduate Student
Degree Timeline



University Resources

Graduate Education Communication

Don't miss out on important graduate student news shared via email! Our emails allow you to stay connected with us to ensure that you never miss out on exciting opportunities or important notices for degree completion!

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](#).

The logo features the text "givingday23" in a large, bold, white font with a thick orange and yellow outline. To the right, the words "Make My Day" are written in a smaller, bold, yellow font with a black outline. The background consists of horizontal stripes in shades of orange, yellow, and brown.

givingday23

Make My Day

Graduate Student Giving Day Campaign

THE HOPE

The School of Graduate Education is working to establish funding that will be used to increase student success in their academic endeavors in a variety of ways. The funding may be used in several ways such as:

- Fund student research efforts
- Assist student costs for attending conferences
- Offer emergency hardship grants
- Foster and enhance graduate student activities and connection

Graduate students face unique challenges, different from those of undergraduates, which is why it is crucial to provide them with the necessary support to succeed in their academic endeavors. The School of Graduate Education hopes to use this funding to better support all graduate students, so they are able to thrive personally, professionally, and academically at the University of Wyoming.

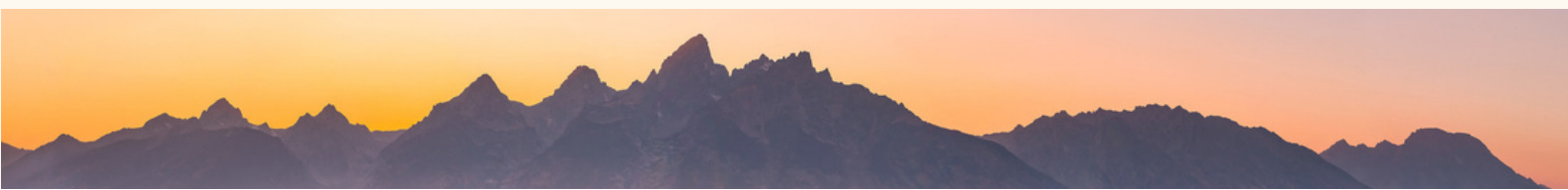
GET INVOLVED

Are you looking to get involved with our campaign? Every donation, no matter how small, can make a huge difference in the lives of our students. That's why we are encouraging everyone to mark their calendars for **October 25-26 noon-noon** and visit [Giving Day 2023](#) to contribute.

There are **other ways to support** our students and our campaign! We are asking for your help to spread the word about our campaign. Share this information with anyone who may be interested in supporting our fundraising efforts. If you are on [Facebook](#) or [Instagram](#), connect with us there and share our posts with your friends, family, and followers!

**Every action counts, please join us in supporting our graduate students!
Thank you for your support in helping our graduate students thrive,**

-The School of Graduate Education



Caring for YOU in the Chaos of Graduate School

Building Routine

Hopefully by this point in the semester, you are beginning to feel like you have your feet under you and an overall sense of routine. Then again, that sense seems to depend on the day. If you too are still trying to get a handle on it, here are some tips for developing a flexible routine during graduate school:

- Identify your priorities for the semester and include them a part of your routine. You may want to consider blocking time for study, work, personal life, and of course yourself.
- Create a plan that works for you. Whether it's using an outlook calendar, planner, or alarms, find a method that you can refer to often.
- Incorporate time for you. Be sure to include activities and rest that allow you to feel like the best version of you. Remember you are more than a graduate student.

And when your world becomes challenging, take a deep breath and organize your thoughts. It is okay to step away from your work for a moment to care for you and comeback with a clear mind.



Study Tips

As a graduate student tasks tend to pile up quickly and working efficiently is a necessity. Keep an eye on the times your energy and productivity peaks over the course of the next several days. Personally, working on cognitive intensive tasks during the afternoon is unproductive. However, if I plan my day to work through more challenging tasks in the morning and evening then completing these tasks tends to go smoother. Plan around your productivity times and take breaks when you need them.



Incorporate Healthy Habits

Whenever you work to build in new habits start in a manageable manner. As a graduate student, you likely have so much on your plate and building new habits can feel daunting. However, building in activities that benefit your wellbeing can be powerful tools in keeping you motivated and engaged in your studies.

One way to start building in new habits is to pick one small thing that you can do each day. Maybe you hope to incorporate more exercise. Rather than jumping into completing several long trips to Half Acre each week, you choose to commit to a 10-minute walk outside every morning before starting your day.

Whatever it is, make sure it's something that is achievable and sustainable for you.

Self Care for Future YOU

When you prioritize self-care, you are investing in your own well-being and happiness. It can be easy to get caught up in the never-ending tasks that come with being a graduate student, but taking a few moments each day to care for yourself can make all the difference.

Whether it's practicing mindfulness, getting enough sleep, or simply taking a walk outside, drinking enough water, or meal planning and preparing, there are countless ways to practice self-care. By making it a priority, you are showing yourself the care and attention that you deserve. So go ahead and take that extra step to support future you - your being will thank you for it.

Preparing for & Enjoying Winter

Winter in Laramie can be a challenging time when you do not take advantage of all it can offer!

Popular outdoor activities during the winter season in Laramie are skiing, snowboarding, cross-country skiing, and snowshoeing. The Snowy Range Mountains are just a short drive away, making these activities an important component of winter life in Laramie. The [university outdoor program](#) offers a variety of activities led by individuals who know how to enjoy winter sports! The [outdoor program](#) can be a great way to get started on an activity, get to know others, or rent gear at a more affordable price.

Winter in Laramie isn't all about outdoor activities. It's also a great time to cozy up indoors with loved ones and enjoy some hot cocoa and baked goodies. The winter season also brings a variety of festivities, including holiday markets, winter concerts, and ice-skating events. For those who prefer indoor activities, visiting Laramie's many museums and artistic events during the winter months may offer solace from the cold.

Overall, winter in Laramie is a magical time full of beauty and excitement. Whether you prefer outdoor adventures or indoor relaxation, there are bountiful opportunities to embrace the season.



Layering for the COLD

Laramie's average temperature in January ranges from 8-34 degrees. **Brrr.** While the weather is shifting, it may be the perfect time to prepare for the cold. Second-hand stores can be a fantastic option for collecting warm gear while on a budget. You may want to start thrifting now, so that you can be well prepared.

Layering can be a great way to stay warm in the winter. Some general guidelines for layering are:

- 1. Base layer:** Synthetic or Natural Fibers (polyester, nylon, and wool) recommended to be sweat wicking and light weight. May include long-johns/tights and wool socks.
- 2. Middle layer:** retains body heat to protect you from the cold. Thick sweaters and jackets to add insulation.
- 3. Outer layer:** Often a "shell" or shield layer to keep you protected from the wind, rain, and snow. Do not forget a hat and gloves!

These are general recommendations to stay warm and layer. It may take some playing around to find what is right for you.

Daylight Savings & Seasonal Affective Disorder

The lack of sunlight and the freezing temperatures can make it difficult to stay motivated and engaged in your work as a graduate student. It's important to prioritize self-care during this time, whatever that means to you. Incorporating time for self-care early on in the semester, will likely increase the likelihood of you taking the time when you need it most. Some self-care that may be helpful include:

- Practice mindfulness
- Staying connected to social supports
- Engage in physical movement
- Bundle up & spend time in the sun

Remember that it's okay to ask for help and seek professional treatment when needed. The [University Counseling Center](#) is a wonderful place to start.

Graduate Student Network

The Graduate Student Network is searching for officers and members for the 2023-2024 academic year! Join to engage with a diverse network of graduate students hoping to foster connection and wellbeing.

As an officer or member, you will have the opportunity to participate in exciting events and activities designed to support personal and professional growth. You'll also have the chance to collaborate with other members to plan and execute initiatives that promote the well-being of graduate students. This is an excellent opportunity to build meaningful connections with other graduate students who are passionate about making a positive impact on the graduate student community.

Don't miss out on this chance to grow your network and make a difference! Contact gsn@uwyo.edu to get involved.



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

| | |
|-----------------|----------------------|
| 10/25-26 | Giving Day |
| 11/22-24 | Fall Semester Break |
| 12/5 | Last Day for Defense |
| 12/8 | Last Day of Classes |

Please refer to the Registrar's Office calendar/deadlines for other important dates and deadlines.



**Make
My Day**

**UW GIVING DAY
OCTOBER 25-26, 2023**