Preparing for Graduate School
Work/Life Balance at Columbia University
Strategies for Success

- Organization & Planning
- Communication
- Lifestyle & Attitude
- Being a Student
Organization & Planning

- Find a place to study
- Create one calendar
- Read through syllabi
- Take time off from work around major assignments
Communication

- Set expectations with family and friends
- Communicate with faculty
- Communicate with program director
- Find a buddy
- Network
Lifestyle & Attitude

• Learn to say “no”
• Believe in yourself
• Keep your goals in mind
• Learn how to manage stress
• Get enough sleep
Being a Student

- Attend class
- Ask questions
- Be open to feedback
- Think actively when reading assignments
Columbia Resources

• **Counseling and Psychological Services**

• **Dodge Fitness**

• **Disability Services**

• **International Students and Scholars Office (ISSO)**

• **Barnard Babysitting Agency**
Questions?
CONTACT INFORMATION

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