

UNIVERSITY  
OF WYOMING

Graduate Education



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**VICE PROVOST &**  
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**EDUCATION**

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## A Note to Students

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

Greetings and Happy Fall!

This edition of the School of Graduate Education Newsletter focuses on graduate student professional development. Recognizing the importance of professional development for helping graduate student success, SGE has been working on a professional development initiative for the past few months. The initial phase of this initiative is to inventory, coordinate, and communicate the many professional development opportunities that already are being offered across the university and beyond. We will soon be launching a professional development page on the SGE website which we intend to be the one-stop shop for graduate students seeking professional development workshops, trainings, and discussions. I want to thank Rhema Boabeng, a Communications graduate student and SGE graduate assistant, for all of his hard work on the professional development initiative.

The next phase of the professional development initiative, which begins next semester, will focus on growing what we are offering. One key element of this will be UW's first-ever Three-Minute Thesis (3MT) competition. The 3MT competition has graduate students do lightning talks about their research. Each talk must be three minutes long and the presenter gets a single slide. In Spring 2025, the colleges will be holding their own 3MT competitions, and next September the finalists from the college competitions will compete in the university-level competition. I encourage participation in the 3MT competition, as it helps graduate students develop their public engagement and communication skills, among other things. And, just to sweeten the pot, there will be monetary prizes given by both the colleges and the School of Graduate Education. Stay tuned for more information!

As you head into the last stretch of the semester, take time to take care of yourself and those around you. Best wishes for a great end of the semester!

# University Resources

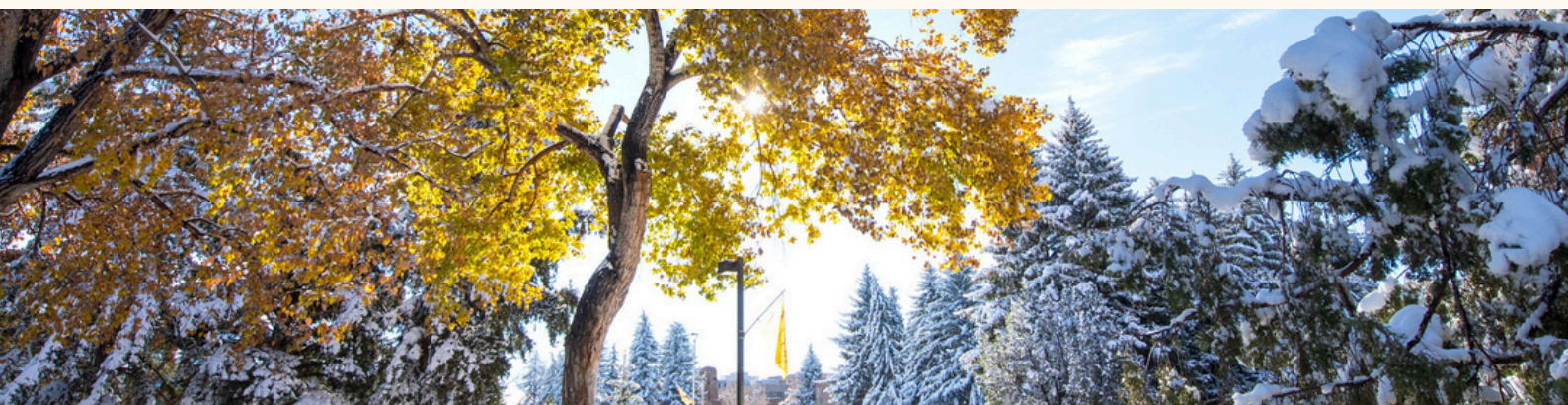
## Mental Health First Aid - Wellness Center

It's important to be aware of the various forms and tasks that must be completed as you navigate your graduate degree. Mental Health First Aid (MHFA) is an evidence-based certificate training that teaches participants how to identify, understand, and respond to signs of mental health and/or substance use concerns. Similar to physical First Aid and CPR, MHFA helps you assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved.

Participants will learn a 5-step action plan to recognize warning signs, provide help in crisis and non-crisis situations, and understand where to turn to for additional assistance, as well as important information about mental health such as culture and language considerations, stigma, myths about suicide, and more. MHFA originated in Australia and has been adapted to more than 25 countries around the world - with more than 3 million trained in the United States, MHFA is a fast-growing and globally recognized program that looks excellent on a resume!



The University of Wyoming Wellness Center offers this training in a blended format, meaning there is approximately 2-hours of required online pre-work as well as a 7 hour in-person training. The in-person training can be taken in one full day (9:00am - 4:00pm) or in two half-day sessions (3.5 hours each day). To Register, visit **[The Wellness Center MHFA Website](#)**. For questions or INQUIRIES contact Klancey Poor at 307-766-3425 or [kpoor1@uwyo.edu](mailto:kpoor1@uwyo.edu).



**Visit [Graduate Student Resources](#) for additional student services.**



# 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 room 341, 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.



## UW Food Share Pantry

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

**Semester Hours:** Tuesday & Thursday from 2-5 pm & Friday from 10 am-2 pm

**Summer Hours:** Tuesday from 11 am-2 pm and Thursday from 1-4 pm.

## 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](#).

**Visit [Graduate Student Resources](#) for additional student services.**

# Three Minute Thesis Competition



## What's a 3MT Competition?

*The Three Minute Thesis (3MT) competition celebrates research conducted by graduate students. Developed by The University of Queensland, 3MT cultivates students' academic, presentation, and research communication skills.*

*The competition supports their capacity to effectively explain their research in three minutes, in a language appropriate to a non-specialist audience.*

The UW School of Graduate Education will be hosting 3MT Thesis Competitions across the colleges during the Spring 2025 Semester. The competition is open to PhD students. Winners are eligible for cash prizes and the chance to compete at the regional 3MT Competition



## ABOUT 3MT COMPETITIONS



## WHEN & WHERE

**Dates and sign up  
details coming soon!**



# Professional Development

Professional development is a critical aspect of your graduate education. Professional development is meant to encompass a range of activities and skills designed to enhance career opportunities and professional growth. Engaging in professional development opportunities may include networking, attending workshops, gaining practical experience, and continuing to learn. For graduate students prioritizing professional development can be the key to unlocking a successful and fulfilling career tailored specifically to your unique interests.

Wondering what professional development entails? Professional development refers to the continuous process of acquiring new skills, knowledge, and experiences that contribute to career advancement. For graduate students, this might involve participating and presenting at conferences, engaging in internship opportunities, immersing oneself in and publishing research, attending seminars and workshops, and connecting with a professional network. Additionally it may benefit your to developing skills such as communication, leadership, teamwork, and problem-solving. Essentially, professional development is about preparing oneself not only to be an expert in a specific academic discipline but also to thrive in the broader professional world.



We understand that as a graduate student your schedule is likely already packed. So, why consider adding more focused on professional development?

The good news is that much of what you're currently engaged in can be categorized as professional development! Here are a few ways to customize it for your goals and aspirations:

1. Enhanced Employability
2. Skill Diversification
3. Networking Opportunities
4. Personal Growth & Confidence



## 1. Enhanced Employability

One of the primary benefits of professional development is that it significantly enhances employability. Employers look for candidates who not only have strong academic backgrounds but also practical experience and well-rounded skill sets. By engaging in professional development activities, graduate students can build a portfolio that demonstrates their capabilities and readiness for the workforce. This includes showcasing their ability to apply theoretical knowledge to real-world problems, work effectively in teams, and adapt to various professional environments.

# Professional Development

## 2. Skill Diversification

Graduate programs often focus intensely on a specific field of study, resulting in highly specialized knowledge. While this expertise is certainly valuable, the job market frequently demands a wider range of skills. Engaging in professional development enables students to broaden their skill sets, making them more adaptable and versatile. For example, participating in workshops on project management or learning data analysis software can create additional career opportunities that may not directly align with their primary field. Fortunately, students at the UW have various options to enhance their skills, from software **workshops at Coe Libraries** to hands-on experience with machinery at the **Innovation Workshop**.

## 3. Networking Opportunities

Building a professional network is a crucial element of career success. Through professional development activities such as field specific conferences and seminars, graduate students can connect with peers, mentors, and industry leaders. These connections can lead to job opportunities, collaborative research projects, and valuable insights into industry trends and expectations. Networking also provides a support system that can offer advice, feedback, and encouragement throughout one's career.

## 4. Personal Growth and Confidence

Engaging in professional development not only enhances career prospects but also contributes to personal growth. Developing new skills, gaining diverse experiences, and achieving professional milestones can significantly boost a graduate student's confidence. This personal growth translates into a more assertive and self-assured professional demeanor, which is attractive to potential employers and beneficial in professional settings.

## Practical Tips for Graduate Students

**1. Set Clear Goals:** Identify specific professional development goals based on your career aspirations. This could include learning a new skill, attending a certain number of conferences, or publishing research.

**2. Utilize University Resources:** The School of Graduate Education offers an expert in professional development opportunities to assist you. Contact Rhema Boabeng, GAA Professional Development Coordinator at **jboabeng@uwyo.edu**. Coming soon the school of Graduate Education will have additional resources and opportunities to engage in professional development.

**3. Engage in Internships:** Gain practical experience by participating in internships or part-time jobs related to your field of study.

### 4. Attend Conferences and Workshops:

Actively participate in conferences, seminars, and workshops to expand your knowledge and network. Need funding to travel? **Visit Graduate Student Travel Funding form.**

**5. Seek Mentorship:** Find mentors who can provide guidance, feedback, and support as you navigate your professional development journey. Looking for a Mentor? Join the **Diverse Student Mentorship Program**.

**6. Develop Additional Skills:** Work on improving soft skills like communication, leadership, and teamwork through group projects, leadership roles, and extracurricular activities.

Professional development is a vital component of a graduate student's academic and career trajectory. By actively engaging in professional development activities, students can enhance their employability, diversify their skills, build a robust professional network, and foster personal growth. In prioritizing professional development, graduate students can position themselves for success!



# The Realities of Work-Life-School Balance

Balancing work, life, and school is a common challenge for graduate students due to the demands of rigorous coursework, research, and financial responsibilities. These demands can lead to feelings of being overwhelmed and stress. Key strategies for effective management include:

- **Time Management:** Create a detailed weekly schedule to allocate time for classes, work, and personal activities. You may need to designate specific personal time. Use digital tools to track commitments and prioritize tasks based on urgency and importance.
- **Self-Care:** Maintain energy and mental clarity through adequate sleep, exercise, and a healthy diet. Set aside time for relaxation and hobbies, and practice mindfulness techniques to manage anxiety. Try to incorporate seemingly small and simple practices throughout the day.
- **Seek Support:** Reach out to professors and peers for assistance and understanding. Having peers you can rely on makes all the difference, do what you can to foster a supportive atmosphere. When you need to, utilize **University Counseling Services** for additional support.

By implementing these strategies, graduate students can achieve a healthier balance among their commitments.



## Crisis Support

**University Counseling Center- 307-766-2187**

**AFTER-HOURS CRISIS- 307-766-8989**

**WellSpring Counseling- (307) 766-6820**

**National Suicide Prevention Lifeline**

Call or Text: **988**

**Crisis Text Line**

Free 24/7 line: Text HELLO to **741-741**

## Important Dates

**November 2024**

**27-29** Thanksgiving Break-Holiday Break

**December 2024**

**4** Last day to defend

**6** Last day to submit graduate paperwork

**9-13** Finals Week

**14** Winter Commencement

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

