



UNIVERSITY  
OF WYOMING

Graduate Education



**DR. JAMES AHERN  
VICE PROVOST &  
DEAN OF GRADUATE  
EDUCATION**

## A Note to Students

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

As the summer draws to a close, I am excited by the daily increase of activity on campus. For most of us in the graduate education community, summer is a change of pace and focus, but the work continues! Some things that the School of Graduate Education has been working on this summer include:

- implementing the new School of Graduate Education bylaws, including the reestablishment of the Graduate Faculty;
- developing the foundations for a new Graduate Student Council that will represent graduate student perspectives to the Associated Students of the University of Wyoming (ASUW) and UW administration;
- building out an inventory of professional development opportunities for graduate students with the plan to better communicate these opportunities to the UW graduate education community starting this fall;
- starting work on a 3MT (“three-minute thesis”) competition, which we hope to launch by 2025;

- improving the graduate school’s Graduate Milestones Initiative so that faculty will be able to easily monitor graduate student degree progress; and
- working with colleges on digital marketing of their graduate programs via our Graduate Recruitment Initiative.

On a more difficult note, I know that many in the UW graduate education community are struggling with the recent discussions, decisions, and continuing uncertainty surrounding UW’s diversity, equity, and inclusion (DEI) efforts. In the spring, the Wyoming Legislature passed a budget amendment that forbade funding for UW’s Office of Diversity, Equity, and Inclusion. Furthermore, many Legislators and others have continued to express concerns about DEI at UW. In response to these developments, the UW Board of Trustees decided to eliminate the Office of Diversity, Equity, and Inclusion at their May meeting.

[Graduate Student  
Degree Timeline](#)

[Graduate Student  
Success Resources](#)

The UW community is struggling with this loss, a loss that many of us see as a serious backward step in terms of supporting all our students, faculty, and staff. I encourage the UW graduate education community to support each other as we adjust to this new reality, and we work together to find new ways to support graduate student success and graduate excellence. UW administration has been working on a new policy related to DEI, and this should be released to campus soon. Per **UW's Process for Approval of New and Revised Standard Administrative Policies & Procedures (SAPS)**, there will be a three week period for campus groups to review the new policy and provide feedback on it. I encourage you to engage with this review and feedback process.

I wish you all the very best with the new semester!



## University Resources

### Outdoor Program

Looking to explore the natural world surrounding Laramie? Unsure of where to start? **The Outdoor Program** provides you the equipment and experience to navigate a variety of terrains.

Whether you're interested in hiking through lush forests, scaling rugged mountain peaks, or paddling down serene rivers, there's an adventure waiting for you. The program offers guided trips led by knowledgeable instructors who are passionate about the outdoors and eager to share their expertise.



**The Outdoor Program** hosts workshops and clinics that cover essential outdoor skills, such as map reading, wilderness first aid, and sustainable camping practices. These educational opportunities help participants gain confidence and competence, making each trip not only enjoyable but also enriching.

So, lace up your hiking boots, pack your sense of adventure, and let the **Outdoor Program** be your gateway to the stunning landscapes and natural wonders that await just beyond Laramie.

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.**



## When was the last time you engaged in PLAY?

Play can offer a much-needed respite from the rigorous demands of academic life. Helping to foster creativity, reduce stress, and enhance overall mental wellbeing. Engaging in playful activities, whether it's through sports, games, or artistic pursuits, may encourage graduate students to reconnect with their inner joy and curiosity. This, in turn, can lead to increased productivity and a more balanced approach to their studies. Additionally, play can encourage social interaction and build a sense of community, providing essential support networks. By making time for play, graduate students can cultivate a more fulfilling and sustainable academic experience.



Here are some creative and practical ideas to help you weave play into your hectic schedule:

- Join an **Intramural Team** with Campus Recreation. Whether it's intramural soccer, basketball, or even inter-tube water polo, participating in sports can be a great way to play, stay active, and connect with others.
- Start a game night! Organize regular game nights with friends. Board games, card games, or even video games can provide a much-needed break from academic pressures.
- Get artistic! Engage in activities such as painting, pottery, knitting, or playing a musical instrument. Hobbies can be both relaxing and stimulating, offering an outlet for creativity. Not sure where to start? Find a workshop or take a class.



- Spend some time with the **Outdoor Program**. Plan weekend excursions to hike, bike, or explore new places. Nature has a unique way of rejuvenating the mind and body, making it an excellent playground for adults.
- Dance! Dance not only boosts physical health but also elevates mood and energy levels. Bonus points if you engage with **Cowboy Swing Club** or take a Zumba class at Half Acre.
- Volunteer Work: Get involved with **SLCE**. Sometimes, giving back can feel like play. Volunteer for activities that you enjoy, such as helping out at a local animal shelter, participating in community gardens, or organizing campus events.
- Explore Campus: Take advantage of the facilities and activities UW offers. From Green houses to climbing walls, or even the **planetarium**, there is always something to explore during your study break!



- **Improv and Theater:** Engage in improvisational theater or join a drama club. These activities can be incredibly fun and help you think on your feet, a skill that's valuable in both academic and real-life scenarios.
- Looking to escape into a new world? Visit Coe Library and enjoy a book or catch up on current events with one of Coe's many and build something amazing.
- Seeking a getaway to a different world? Head over to Coe Library for a relaxing read or stay current with their various **subscription services!** Not looking to read? If reading isn't your thing, explore the **Maker's Space** and create something extraordinary.
- For a unique summer experience, join UniWyo for the **Summer Movie Series** at War Memorial Stadium. Just bring a blanket and enjoy the show!

Remember, **play is not just a luxury, but a necessity for maintaining balance, creativity, and mental health.** Make it a priority, and your graduate student experience will be all the richer for it.

Embracing play can transform your daily routine, offering moments of joy and relaxation that enhance both your personal and academic life. By intentionally integrating playful activities into your schedule, you will not only foster a sense of balance but also cultivate a happier, healthier, and more productive mindset. Here are just a few additional tips to help you maintain a playful spirit:



- **Gardening:** Even if you have limited outdoor space, tending to a small garden or indoor plants can be a delightful form of play. The Ava Nelson Green House even sells plants at certain points in the semester!
- **Cooking and Baking:** Experimenting with new recipes or baking treats can be both fun and satisfying. Invite friends over for a cooking party or bake-off to share the joy. Looking for something budget friendly, check the **Wellness Center** or **Centsible Nutrition!**
- **Travel and Exploration:** At a conference or just hanging around town? Exploring new environments can reignite your sense of wonder and adventure.
- **Pet Playtime:** If you have pets, dedicate time to play with them. Their boundless energy and affection can be infectious, helping you unwind and smile more often. No pets? No problem, join the **Wellness Center** for puppy or kitten play time!



By incorporating these playful elements into your life, you nurture not only your mental and emotional well-being but also your social connections and creative abilities. So go ahead, make play an integral part of your everyday routine and watch how it positively impacts every aspect of your life.

Do you want to learn more about how play can be beneficial at all ages? Visit the **New York Times** and the **National Institute for Play.**

## Incorporating Healthy Habits

Summer is the prime time to implement healthy habits so you can thrive during the semester.

Establish a consistent sleep schedule, ensuring you get at least 7-8 hours of rest each night can make all the difference. This will help regulate your body's internal clock and improve your overall mood and cognitive function.

Incorporate regular physical activity into your routine. Whether it's morning jogs, evening yoga sessions, or weekend hikes, staying active will boost your energy levels and reduce stress. Don't forget to stay hydrated, especially during the hot summer months. Drinking plenty of water will help keep your body and mind functioning optimally. You can even volunteer to walk dogs at your local shelter to get your steps in while gaining some new four-legged friends.

Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Summer is the perfect time to explore fresh, seasonal produce and experiment with new, healthy recipes.

Create a designated study space that is free from distractions. Use the summer to organize your materials and develop a routine that works for you. This will make the transition into the school year smoother and more productive.

Take time for self-care and relaxation. Whether it's reading a book, meditating, or spending time with loved ones, nurturing your mental health is just as important as your physical well-being.

By implementing healthy habits during the summer, you'll set yourself up for a successful and fulfilling school year ahead.

## Crisis Support

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

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

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

**Laramie Suicide Prevention Hotline**

Call or Text: **307-977-7777**

**National Suicide Prevention Lifeline**

Call: **988**

**Crisis Text Line**

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

## Important Dates

**July 2024**

**4** Independence Day

**August 2024**

**26** Fall 2024 semester begins

Late registration

Add/drop period begins

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

