

What I Got Right and What I Regret!

The inaugural GRAND panel took place on September 24, 2020. Five Notre Dame graduate school alumni reflected on their time as students at Notre Dame and provided the incoming class with their perspective on how to make the most of their Notre Dame experience. Here are the highlights from that conversation.

What to do:	Why, you should do it:	How to get started:
External Funding	We believe every graduate student is eligible for some external grant. This is a multifaceted opportunity to learn how to apply for and win external fellowships with the Office of Grants and Fellowships.	Email: gradgrants@nd.edu and review the office website: graduateschool.nd.edu/gradgrants
Travel Opportunities	In the past 2 years graduate students have visited over 80 countries to pursue their research, present at conferences and widen their network. Travel can open your eyes to how ND engages with the world and will teach you the large-scale implications of your work.	The Professional Development Fund is often used by our graduate students to finance or supplement their research related travel. To learn more about this and other funds go to: https://graduateschool.nd.edu/graduate-training/research-communication/gspda/
Professional Development	The alumni all participated in various types of professional development and many of them used those experiences to land their first job. Whether it be events focused on learning how to teach, participating in LASER , or working for the Office of Grants and Fellowships, they all believed that the additional professional development experiences have significantly contributed to their early success.	At Notre Dame we are driven by the conviction that your research matters. We know that your academic accomplishments will be distinctive, empowering you to follow the call of Notre Dame's founder, Father Sorin, to be a force for good in the world. We also know that student success develops from a setting wherein you matter. That's why our approach to graduate training is holistic—engaging minds, hearts, and spirits. Learn more go to: https://graduateschool.nd.edu/graduate-training/ or search the online catalog of workshops and events.
Accountability Partner	These are people who help you make progress and can help you understand when you may need to make adjustments. They will oftentimes be the first to celebrate your success.	Grad Life offers a number of accountability groups that many students will utilize. Here are two of them: The writing accountability groups description and discussion can be found here . As you move toward completion you should also consider the ABD to PhD . I hope you will use the groups we have assigned to help you make progress, perhaps think about applying for a WAG or GO grant, and do things with your group mates.
Internships/ Networking	These experiences are meant for professional development and can lead to full-time employment opportunities. Finding and securing internships can be a very similar process to the job search.	Grad Career Services is the place to go if you are thinking about interning and learning how to grow your network. The office has a lot of resources dedicated to helping you find your dream job. Please click here and find the Career Consultant assigned to your Program.
Buy a House	About 10% of Graduate Students own homes in the South Bend area. There are a number of programs to help you get started and even a real estate agent who works with graduate students. Two students were glad they did this and talked about how they benefited when they sold their homes. Another wished he had and regrets that decision.	Interested in learning more, go to https://gradlife.nd.edu/life-at-nd/home/ and begin reading the "In the market for a new home" section.

What to do:	Why, you should do it:	How to get started:
Don't Forget About YOU the Person	The South Bend area has lots of opportunities you can explore.	For information about different opportunities available locally visit: https://gradlife.nd.edu/life-at-nd/be-well/
Enjoy Your Time at ND	You may find a walk in one of the local parks or around downtown can help you maintain focus on your long term goal.	Graduate Student Life offers the "Get Out (GO) grants to help groups of graduate students experience life in the SBN area. The grant has sponsored all sorts of activities for graduate students. Looking for something to do, learn more about the GO Grant , try the find.nd.edu site or https://gradlife.nd.edu/life-at-nd/play/
Ask for Help	Self advocacy is a valuable skill you will use often. The University has a large network of resources to help you think through the challenges as they come. No matter your issue please ask.	Here is a listing of Graduate School faculty and staff , you may use this list to help you make your initial request. We will direct you to the correct person that can address your needs. University Counseling Center has also developed a tool kit to help you. It can be found here .
Get Involved	Several students enjoyed the level of interaction they had with others outside of their discipline and they credited campus clubs and organizations as well as organizations within the SBN area. There are over 500+ clubs and organizations on campus. They can help you find your community, learn a new hobby, advocate for change and so much more.	For a full list of clubs with descriptions and contact information, please click here .
Advisor	Researchers have shown that in many instances the relationship you have with your advisor is directly related to your success and well being.	Be aware of how your advisor interacts with students, staff and faculty. As you think through this relationship please review this website .

Other Campus Resources recommended by the Young Graduate School Alumni:

- **University Counseling Services** website: ucc.nd.edu call: 574-631-7336
- **Kaneb Center** website: kaneb.nd.edu email: kaneb@nd.edu call: 574-631-9146
- **Writing Center** website: writingcenter.nd.edu email: writing@nd.edu call: (574) 631-5390
- **The Graduate School** website: graduateschool.nd.edu email: gradsch@nd.edu
- **Graduate Student Union** website: gsu.nd.edu email: gsu@nd.edu call: 574-631-6963
- **International Student and Scholars Affairs** website: issa.nd.edu email: issa@nd.edu call: 574-631-1138
- **Graduate Career Services** website: gradcareers.nd.edu email: gradcareers@nd.edu call: 574-631-5202
- **UCC support groups** (Grad at the bottom of the page): <https://ucc.nd.edu/counseling-services/group-counseling/current-groups/>
- **Writing Accountability Groups:** <https://gradlife.nd.edu/events-programs/wags/>
- **EL-STEM/LASER:** <https://graduateschool.nd.edu/graduate-training/leadership/laser/>
- **Finding a Therapist:** <https://ucc.nd.edu/counseling-services/>
- **ND Band:** <https://www.ndband.com/>
- **American Women in Science:** <https://awis.nd.edu/>