This chart is designed to help you optimize your graduate school experience by taking full advantage of the professional enhancement resources available in the following areas of a well-rounded graduate education:

**PROFESSION**
Develop the skills, knowledge, and experience for a fulfilling career.

**RESEARCH**
Gain the insights and experience necessary to make an impact in your field and beyond.

**TEACHING**
Discover how your teaching assistantship can enhance your career opportunities through the development of a transformative teaching practice.

**WELLNESS**
Pursue personal growth through a holistic balance of mental, physical, and financial wellness.

The horizontal axis is divided by the stages of your graduate education.

The vertical axis is divided by the dimensions of a well-rounded graduate education.

Boxes list the actions to take in each stage of your education to optimize your graduate experience and achieve your goals.
LAUNCHING YOUR JOURNEY (EARLY)

☐ Attend a workshop on career planning
☐ Discover job posting boards and listservs for your discipline
☐ Work with your DGS or advisor to identify and explore courses that match your professional goals
☐ Review the College of Arts & Sciences’ Careers Beyond the Professoriate website
☐ Develop a career and personal development plan
☐ Create accounts for Versatile PhD and either myIDP (for sciences) or Imagine PhD (for humanities and social sciences)
☐ Explore certificate options through The Graduate School

IMPACTFUL RESEARCH

☐ Establish an advisor and meet early to discuss your research interests, professional goals, and mutual expectations
☐ Explore UK Libraries’ databases and research offerings
☐ Meet with the Library academic liaison for your discipline
☐ Attend academic conferences in your discipline
☐ Begin identifying potential grant and travel funding available at the departmental, college, university, and national levels
☐ Work with your DGS or advisor to identify and explore courses that match your research goals
☐ Identify a topic to explore for a conference presentation

FULFILING PROFESSION

☐ Join or create a writing group with departmental colleagues or other graduate students
☐ Attend a grant writing workshop or enroll in a grant writing course, such as GS 640
☐ Apply for travel and research grants
☐ Follow the premier journals in your discipline
☐ Explore writing/presenting for a public audience by attending or participating in UK GradResearch Live!
☐ Establish correspondence relationships with people in your field
☐ Present your research at conferences

GAINING MOMENTUM (MID)

☐ Identify your professional interests and update your development plan
☐ Craft or re-craft your CV and/or resume
☐ Attend job talks occurring in your department
☐ Identify your professional skills by attending a transferable skills workshop, enrolling in GS 600: Preparing Future Professionals, and/or completing a transferable skills inventory on myIDP or Imagine PhD
☐ Apply to the GradDegree+ professional development curriculum
☐ Monitor job search boards, sites, and listservs in your field of interest
☐ Meet with your DGS/advisor to assess your academic progress and goals
☐ Construct a professional online presence

TRANSFORMATIVE TEACHING

☐ Enroll in GS 610: College Teaching Seminar or 650: Preparing Future Faculty
☐ Attend workshops offered by CELT
☐ Apply to the GradDegree+ pedagogy track
☐ Consult with CELT about challenges in your classes, recitations, or labs
☐ Draft your teaching philosophy statement and diversity statement
☐ Attend or participate in UK GradTeach Live!
☐ Invite respected instructors to observe your classes and provide feedback
☐ View modules of interest in 20 Minute Mentor Commons

☐ Get involved with Graduate Student Congress by attending meetings or becoming your department’s representative
☐ Join other graduate student organizations of interest to you
☐ Utilize other mental health services, support groups, and meditation practices provided by the UK Counseling Center
☐ Set up an individual advising appointment with the Student Financial Wellness Center
☐ Continue to participate in departmental outings and GSC events
☐ Establish a mentor relationship with someone outside your department

NAVIGATING YOUR TRANSITION (LATE)

☐ Attend a workshop on turning a CV into a resume for diverse career paths
☐ Polish your CV or resume
☐ Draft a cover letter that can be tailored to specific job postings
☐ Hone transferable skills through Preparing Future Faculty/Professionals offerings or workshops
☐ Ask your advisor a colleague, an alumnus, and/or a representative in UK Career Center for advice on job and salary negotiations
☐ Schedule a mock interview with UK Career Center or set up a practice job talk with departmental faculty and colleagues
☐ Polish your online presence

☐ Consult with faculty to submit a paper for publication and seek public outlets for disseminating your research
☐ Participate in UK GradResearch Live! to sharpen your skills at communicating your research to the public
☐ Establish correspondence relationships with people in your specific area of research
☐ Attend thesis and dissertation writing camps hosted by The Graduate School and/or by your college or program
☐ Complete your thesis or dissertation and schedule your defense
☐ Practice your dissertation talk

☐ Polish your teaching philosophy statement and diversity statement
☐ Assemble your teaching portfolio
☐ Consult with CELT and/or the Preparing Future Faculty program on your portfolio
☐ Consult with CELT and/or the Preparing Future Faculty program on your CV
☐ Practice your teaching demonstration for job interviews
☐ Enhance your pedagogical practice through professional development workshops
☐ Continue to participate in UK GradTeach Live!
☐ Seek out and attend webinars and conferences on teaching

☐ Cultivate support within your family, friends, and graduate cohort
☐ Participate in a hobby or activity that helps you to de-stress and unplug
☐ As needed, continue seeking support from the UK Counseling Center
☐ Nurture mentor relationships with professionals outside the institution
☐ Network with recent alumni who have careers in your field
☐ Visit the Arboretum for a reflective nature walk
☐ Celebrate each milestone and success, and regularly take the time to reflect on your accomplishments