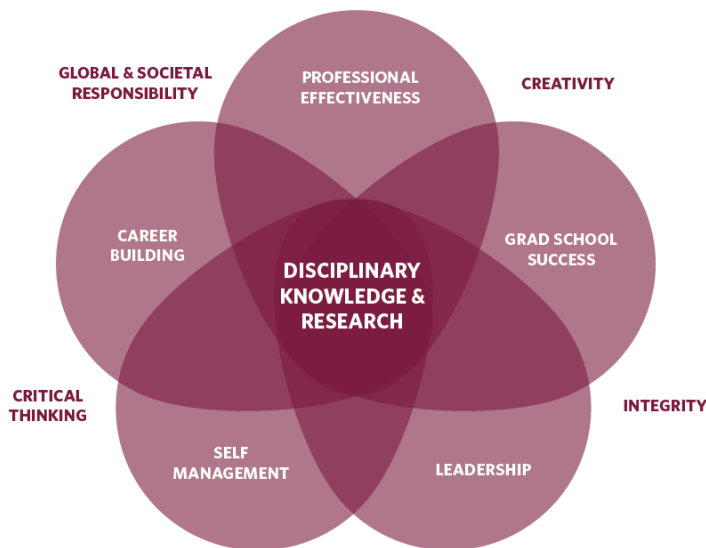


UBC Graduate and Postdoctoral Studies | Graduate Pathways to Success Program

Helping UBC graduate students pursue a productive and successful graduate journey

www.grad.ubc.ca/pathways

Our **Graduate Pathways to Success** program is a palette of non-credit workshops, seminars and other activities designed to complement students' graduate program's academic curriculum and mentorship experience.



Our offerings cover a wide range of topics to support your time in graduate school, to allow you to develop the skills and competencies needed to thrive as a professional and to make meaningful contributions to society. As you move forward in your studies and on into your career, it will be important for you to achieve:

- **Success in Graduate School:** Activities will help you to develop strategies and skills in order to complete your program successfully and graduate in a timely fashion.
- **Self Management:** The ability to manage stress and time are among the many needed to help you achieve balance in life, and effectiveness in educational and work environments.
- **Professional Effectiveness:** Success as a professional, whether in academia or outside, requires a range of competencies and knowledges related to areas such as communication, management, interaction with people, and ethical conduct.
- **Career Building:** A proactive approach to career preparation involves investigating options, developing strategies, and learning how to present yourself for career opportunities.
- **Constructive Leadership:** As professionals, you will likely be (or already are being) called upon to lead others. Acquiring leadership skills and learning from accomplished leaders will contribute towards your success as a constructive leader.

Integral to all the above areas is development in **critical thinking, creativity, integrity**, and recognition of our **global and societal responsibility**.

GPS Topics

Success in Graduate School

- Thesis Writing and Submission
- Planning your Doctoral Exams
- Writing with Integrity
- Statistical Methods Series
- Awards and Scholarships ...and more

Self Management

- Time Management
- Breaking Patterns of Procrastination
- Overcoming Perfectionism
- Assertiveness ...and more

Career Building

- Networking
- Career Professionalism
- Cover Letters, Drafting Resumes and Interviews
- Leveraging Your Strengths
- Designing to Succeed ...and more

Constructive Leadership

- Essentials of Productive Teams
- Leader's Dialogue
- Managing Difficult Conversations
- Giving and Receiving Feedback ...and more

Professional Effectiveness

- Project Management
- Intellectual Property and Technology Transfer
- Presentation Skills
- Translating your Research into Policy... and more

For events, services, and resources provided by GPS and other campus providers, visit <https://www.grad.ubc.ca/current-students/professional-development>



The Three Minute Thesis (3MT) @UBC occurs in February and March and is an academic competition that assists current graduate students with fostering effective presentation and communication skills. For more information visit: 3mt.grad.ubc.ca

Please check our website for further information, or email: graduate.pathways@ubc.ca