GRADUATE STUDENTS

- HTTP://GRAD SCHOOL.UTAH.EDU/GRADUATE-STUDENTS/
- GRADUATE SCHOOL POLICIES
- FINANCIAL RESOURCES
- ACADEMIC RESOURCES
- STUDENT SUPPORT SERVICES
- TEACHING & PROFESSIONAL RESOURCES
- EVENTS & OPPORTUNITIES
Students are reminded that they are responsible for understanding and complying with the requirements for the academic and professional degrees described in this section as well as elsewhere in this catalog.
STUDENT SUPPORT SERVICES

• HTTP://GRADSCHOOL.UTAH.EDU/GRADUATE-STUDENT-SUPPORT-SERVICES/
  • THESIS OFFICE
  • FELLOWSHIPS & BENEFITS
  • DIVERSITY OFFICE
  • INTERNATIONAL TEACHING ASSISTANT PROGRAM (ITAP)
  • GRADUATE RECORDS OFFICE
  • FORMS
  • OFFERINGS
  • UNIVERSITY RECURSE
  • HELPFUL GUIDES
CAMPUS INFORMATION SERVICES ➔ STUDENT ➔ GRADUATION ➔ GRADUATE STUDENT SUMMARY ➔ STUDENT ONLINE FILE

Open Enrollment

Open Enrollment for Fall 2018 begins July 30th. All students wishing to register for classes will be able to register at this time.

Graduation

Graduation

Graduation

Graduate Student Summary

Student Message Center

Registration

Weekly Class Schedule

Change Your Password

Financial Aid

Change Your Security Information

Graduation

Pay Rent

The Dashboard

View Graduation Status
This is your graduate online file in CIS. Please review your Grad Student Prog Plan Audit for graduation.
Everything must be completed on this page in order to graduate.
SERVICES INCLUDE:

• Short-term Individual Counseling (12 sessions/year)
• GROUP COUNSELING (NO SESSION LIMIT)
• SURVIVING & THRIVING IN GRADUATE SCHOOL THERAPY GROUPS (ALL-GENDER AND WOMEN ONLY)
• COUPLES COUNSELING (ONLY 1 PARTNER NEEDS TO BE AN ELIGIBLE STUDENT)
• MINDFULNESS CENTER WORKSHOPS
  • FEEL BETTER NOW (FREE)
  • DROP-IN MEDITATIONS (FREE)
  • MINDFUL APPROACH TO WORK-LIFE BALANCE ($20)
  • REGISTER ONLINE HTTPS://COUNSELINGCENTER.UTAH.EDU/FORMS/MINDFULNESS-WORKSHOP-REGISTRATION.PHP
• Psychiatric medication management (must also be engaged in counseling)
• Community Referrals
• Psychological Assessment
• Prevention & Outreach
Getting Started

• First appointment = “Intake”
  • Free
  • CALL 801-581-6826 TO SCHEDULE
  • Advanced Intakes (Scheduled ahead)
  • Same Day Intakes (Call that day at 8am)

• Ongoing Services: Fees
  • Services are not limited by ability to pay
  • Individual: $12
  • Therapy Groups: $5
  • Couples Therapy: $30
  • Support Groups: Free
  • Mindfulness Center Feel Better Now & Drop-In Meditation: Free
A MINDFUL APPROACH TO WORK / LIFE BALANCE

This workshop for U faculty, staff, and graduate students is designed to introduce participants to mindful strategies for balancing work-life stress. Come learn effective coping tools for navigating the responsibilities of different life roles as well as techniques for managing stress and anxiety.

Questions? Email Lauren Weitzman at lweitzman@sa.utah.edu

Day: Fridays
Dates: 9/7/18 — 10/5/18
Time: 12:00—1:00pm
Location: 344 SSB

Cost: $40 Faculty/Staff; $20 Graduate Students

Register online at http://counselingcenter.utah.edu/forms/mindfulness-workshop-registration.php or https://pulse.utah.edu/site/wellnessnow/Pages/menu.aspx
How can a Career Coach help you?

- How to create a resume from a CV
- General considerations on careers for PhD vs. MS students vs. BS. Students
- How to present one’s case with a PhD for positions that don’t ask for one. (Mostly educating an employer that PhD’s bring valuable skills that are transferable to areas outside their own:
  - Critical-thinking and problem-solving skills that are sophisticated, creative, and tenacious; advanced analytical skills; project-design and management skills; and often interdisciplinary communication and collaboration skills so it’s not just about your research.
  - Communicating your research differently to an industry audience vs. an academic audience.
  - Showing the industry-relevant transferable skills from TA and RA experience.
  - Saying more with less, stay on 1 or 2 pages
U CAREER & PROFESSIONAL DEVELOPMENT CENTER
FALL 2018 SIGNATURE EVENTS

PREPARE. PRACTICE. PERFECT. SUCCEED AT THE 2018 CAREER FAIRS

PREP FOR THE FAIRS BY DISCOVERING YOUR STRENGTHS: STRENGTHSFINDER WORKSHOP
Discover, articulate, and put your strengths into action to help you fully maximize your opportunities at the upcoming Career Fairs on campus. Take the best-selling StrengthsFinder Assessment free of charge and learn how to best apply your strengths. RSVP through handshake required.

FRIDAY, 09/07/18
1:00PM-4:00PM
SSB 350

NAIL IT! DON'T FAIL IT: CAREER FAIR PREP WORKSHOP
Navigate the career fairs with ease after participating in this workshop. Gain insider tips from Myriad Genomics Recruiter, Mike Howell, on how to best prepare, stand out, and overcome intimidation at the Career Fair.

THURSDAY, 09/20/18
1:00PM-2:00PM
SSB 350

THURSDAY, 09/20/18
2:30PM-3:30PM
SSB 350

WEB RESUME REVIEW DAYS FOR STEM STUDENTS
Bring your resume to the Career & Outplacement (C&O) for a free review by a trained member of the Career & Professional Development Center team, just in time for the Career Fairs. Employers will be helping with resume reviews and mock interviews on 9/31 & 9/34. No appointment necessary. First come, first served.

MONDAY, 9/17/18
10:00AM-4:00PM
WEB, CATMULL GALLERY

FRIDAY, 9/21/18
10:00AM-4:00PM
WEB, CATMULL GALLERY

MONDAY, 9/24/18
10:00AM-4:00PM
WEB, CATMULL GALLERY

FALL 2018 FAIRS

FALL 2018 STUDENT JOB FAIR
WEDNESDAY, 09/26/18
10:00AM - 2:00PM
UNION BALLROOM

COVER 100+ EMPLOYERS hiring for student positions, part-time jobs, and volunteer opportunities

STEM Career & Internship Fair
TUESDAY, 09/25/18
9:00AM - 3:00PM
UNION BALLROOM

Employers attending this fair come from technical, science, and engineering companies looking to hire UI

2018 University of Utah Grad School Fair
THURSDAY, 09/27/18
10:00AM - 2:00PM
UNION BALLROOM

Planning to go to graduate school or interested in exploring what that even entails? Check out the Grad School Fair!

CAREER & INTERNSHIP FAIR
TUESDAY, 10/02/18
3:00PM - 5:00PM
UNION BALLROOM

Quick Help Hours: Monday-Friday 8:00AM-5:00PM SSB 350 Careers.UTAH.EDU

Quick Help Hours: Monday-Friday 8:00AM-5:00PM SSB 350 | CAREERS.UTAH.EDU

FOR ACCOMMODATIONS, PLEASE CONTACT LINDSEY KASS AT LKASS@SA.UTAH.EDU

U CAREER & PROFESSIONAL DEVELOPMENT CENTER
FALL 2018 SIGNATURE EVENTS (CONTINUED)

CAREER CONFERENCE
The Career Conference is a one-stop-shop event designed to prepare attendees to identify and achieve their professional goals. You will have the opportunity to enhance your professional portfolio and expand your network through interactive breakout sessions, and connections with peers, alumni, and professionals. Free lunch! RSVP through handshake.

FRIDAY, 10/19/18
10:00AM - 4:00PM
SSB 350

STRENGTHS PART 1: DISCOVER YOUR STRENGTHS
Discover your strengths & maximize them to achieve your goals. Includes the StrengthsFinder assessment for FREE! RSVP through handshake required.

FRIDAY, 11/16/18
10:00AM - 4:00PM
SSB 350

STRENGTHS PART 2: ARTICULATE YOUR STRENGTHS
**Only available to individuals who have previously participated in Part 1**
Note that you are familiar with your greatest strengths, learn how to articulate them in a professional manner to add you in reaching your career aspirations.

FRIDAY, 11/22/18
10:00AM - 4:00PM
SSB 350

Contact with employers in an informal lunch setting! Gain industry knowledge of internships, careers, internships and more. PLUS FREE LUNCH!
TUESDAYS | 12:00PM | SSB 350

handshake
LOG-IN THROUGH CIS TO UPDATE YOUR PROFILE

Discover new career paths. Find amazing jobs and internships. Connect with great companies.

facebook
instagram
youtube
follow us! @UOFUCareers

Quick Help Hours: Monday-Friday 8:00AM-5:00PM SSB 350 | CAREERS.UTAH.EDU

For Accommodations, please contact Lindsey Kass at lkass@sa.utah.edu
The Career & Professional Development Center is a collaborative and inclusive team dedicated to developing students professionally and personally by supporting, inspiring and preparing students to make their vision a reality.

**Why should YOU come to the Career & Professional Development Center?**

**Students who engage with Career & Professional Development Center from beginning to end are 80 percent more likely to have accepted a position upon graduation.**

Because thinking about your career and continuing your education can be overwhelming and everyone needs someone who has their back.

Your identity matters. The Career & Professional Development Center is a place where you can be your authentic self.

You can finally answer the dreaded questions about what you are going to do when you graduate.

Visit us online at careers.utah.edu
You can fill out your profile, find your career coach, schedule appointments, and kick-start your future.

Click on the handshake button to get started today.

**Student Services Building, 350 | M-F 8-5  (801)581-6186 | careers@sa.utah.edu**

**Job Resources for Students**

Working on campus is convenient and a great way to get involved! Go to EMPLOYMENT.UTAH.EDU / JOBS / select “Non-Benefitted Staff/Student” on the right side to see jobs for students.

Opportunities to get involved on campus are also constant here, including postings from Athletics, AD, Student Health, Housing, & Residential Education, and more.

**ON-CAMPUS**

If you are eligible for work-study, you can apply for on-campus jobs that indicate they are work-study. Learn more about work-study on FINANCIALAID.UTAH.EDU click “TYPES OF AID” from the top menu and select “WORK STUDY”

**WORK-STUDY**

Find a job close to home or near campus by signing your account in handshake.

**OFF-CAMPUS**

Gain professional experience while earning college credit by completing an internship! View the internship sources CFDC offers on BIT.LY/UDOFIINTERNSHIPS

You can also find internships and part-time jobs on the job fair, the beginning of every semester.

**INTERNSHIPS**

CAREERS.UTAH.EDU | 801.581.6186 | SSB 350 | M-F | 8AM-5PM

**VISIT CAREER SERVICES TO PLAN FOR POST-GRAD & COMPLETE THE EQUATION**

SSB 350 · careers.utah.edu · 801.581.6186