

# WHAT I WISH I KNEW...

## ADVICE FROM SAC FOR YOUR FIRST YEAR

### DEGREE PROGRAM

- Make sure you read all of the emails sent by the program and the academic advisors! That is one way to learn about opportunities, internships, events, new classes, and other important news. Don't skip them!
- If you are interested in one day being a TA or RA, you should make your intentions known to your academic advisor and to professors you are interested in working with. If there are spots open, they will remember you.
- General grad school advice: No matter how stressed you are, or how behind you feel, remember to eat enough calories of good nutritious food and get some sleep. This will keep you going and avoid a total burn out.
- Try to go to public health conferences--the Utah Public Health Association conference is great and so is the larger American Public Health Association conference. Talk to staff and other students about how to be involved in those opportunities and what dates for registration, etc you need to be aware of.
- The student fitness center is amazing! Take care of yourself during graduate school--try to make time to take a class or use the pool or track. The black shuttle line is free and a direct route from our building, but is an "on demand" shuttle which means you will need to go to the shuttle system website ([uofubus.com](http://uofubus.com)) to schedule the time of pick-up you would like.
- Collaborate with faculty. It may initially feel intimidating to reach out to one of our distinguished faculty members, but they are great to work with and want to help you get involved in projects that you can add to your resume, submit to a local or national conference, or even get paid for.
- Get involved with student organizations. This is a great way to bolster your resume, learn new skills, and network with public health professionals.

### BUILDING TIPS AND TRICKS

- There are study desks near the kitchen downstairs. They are quiet and get great Wi-Fi speeds. Try to schedule at least a few hours a week to utilize those--they have been our most productive hours for homework and reading.
- The treadmill desks are not just for decoration! USE THEM. You will love them. Especially good for getting reading done and meeting your step goals for the day.
- Do not park in Mainstream Data spots. Just don't do it. You will get a ticket or booted!
- The building is a little far from the nearest trax stop but the black shuttle (if scheduled on [uofubus.com](http://uofubus.com)) will get you there as well as UTA bus 228 or 455. You can use these shuttles and buses for free as a student.

- Make sure you take the time to visit the Natural History Museum of Utah and Red Butte Gardens! We are lucky that our building is walking distance from the museum and garden and as a student you get free admission with your Ucard! Red Butte even has wifi throughout most of the garden so you can study among the flowers!

## CLASSES

- You can AND SHOULD meet with your academic advisor at least once a semester to go over your class plan. They often know new information about classes being offered, schedule changes, and what you can do to stay on track with your graduation date goals.
- You can request a semester schedule of the public health classroom so you can see what classes are offered back-to-back, when the room is free, etc. This was invaluable for planning.
- Study groups are the secret to success in any class. Send out a message on canvas and get one going. (don't be scared!)
- Don't avoid classes just because they are known for being difficult--challenging classes with advanced coursework is what you are paying for in grad school!
- There are pros and cons to working (part or full time) during graduate school. Members of SAC have experience with every combination of work and school--if you have questions, reach out and ask.

## FOOD

- There is no shame in using the Public Health fridge! Pack your lunch or keep your leftovers in there. You'll be happy you did when you start to get the munchies.
- For cheap and delicious food, try the cafeteria at UNI (University Neuropsychiatric Institute) which is directly south of the public health building. You can get a large lunch for 5 bucks and usually can have leftovers too.
- For a more "treat-yo-self" type lunch, try Knickerbocker's Deli just down street on Wakara. It is a 5-minute walk from the Public Health building. Slightly further is the café at the Marriott Hotel, who will also prepare food for pick-up.
- Make the time to go to grand rounds, lunch with the chief, or other public health lectures. There is always great and healthy food there, and you will never regret taking the time to learn from the presenters.

*THIS LIST BROUGHT TO YOU BY:*

# THE PUBLIC HEALTH STUDENT ADVISORY COUNCIL

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