

UNIVERSITY *of* WASHINGTON

U501: Flipping the Orientation for Graduate Students



THE GRADUATE SCHOOL

UNIVERSITY *of* WASHINGTON



WELCOME VIDEO



watch video: <https://vimeo.com/226796814>

WHY

- > Welcoming
- > Comprehensive
- > Accessible



HOW



HOW

- > Student survey questions included:
 - What is something you would tell an incoming graduate student?

 - When I need help in regards to what is EXPECTED of me as a graduate student, I:
 - > Consult the Graduate School website
 - > Talk to my staff or faculty program advisor
 - > Talk to my advisor/chair
 - > Talk to other graduate students
 - > Other

HOW

- > All graduate program staff and faculty advisors were invited to join an advisory group:
 - Total of 20 met over a four-month period.
- > All were initially asked via e-mail for input:
 - Please identify up to three knowledge gaps that students have prior to their arrival on campus or registration (online students have gaps too).
 - What part of your orientation would better fit into a general Graduate School orientation?

WHAT

> Platform

> Variety of information

> Multimedia

WHAT

University 501 > Pages > Imposter Syndrome

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Imposter Syndrome

You Were Chosen for a Reason

Imposter syndrome is the feeling or belief that you've been given something you didn't earn or don't deserve. It affects graduate students of all backgrounds and in different ways. Remember, you are in graduate school to enhance or find your career path, give back to your families and communities, or make important contributions to research and innovation. For even more tips and strategies on how to counteract feelings that you don't belong, check out these resources:

- [Banishing Imposter Syndrome](#)
- [Back-to School Beatitudes: 10 Academic Survival Tips](#)

Advice from the Experts

Below, we've collected some advice from faculty, staff, and students who have dealt with imposter syndrome from all sides.



WHAT

WHAT IS IMPOSTER SYNDROME?

RALINA JOSEPH
FACULTY



watch video: <https://vimeo.com/227434596>

WHO

- > Sponsor
- > Central team
- > Broad representation

NEXT STEPS

> Enhancing U501

- 90% of survey respondents say the resources are of value to them now or will be of value in the future.
- *“I really appreciate all of the details and step-by-step directions regarding how to organize time, meetings, and graduate life in general. Because of all of the specific advice about how and when to create plans for the various aspects of graduate school I feel more prepared and less panicked.”*
- *“I really liked the Imposter Syndrome module. I wish I could've seen these videos during my undergraduate degree. I'll definitely be going back through and watching them if I feel overwhelmed over the course of my degree and feel like they might make a difference on my academic performance as well as overall mental and physical wellbeing.”*

NEXT STEPS

> Sharing out (with you all!)

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Check it out:
grad.uw.edu/u501-public



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