

Supporting graduate students in need: Examples from Virginia Tech

Karen P. DePauw, Ph.D.
Vice President & Dean for Graduate Education
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CGS Annual Meeting, December 2019


VT Graduate Life Center



a space and place for graduate education

Tips for thriving in Grad School

Virginia Tech Vice President and Dean for Graduate Education Karen P. DePauw shares tips on how to thrive (not just survive) in graduate school.

by  Cathy Grimes 2 months ago 180 Views ▾

Thriving in GradSchool

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Karen DePauw @kpdepauw · May 10

Thriving in GradSchool tip What I've Learned From Owning a Dog During Grad School | GradHacker [@ihenow.com/1rQn1aB](https://ihenow.com/1rQn1aB) @vtgradcommunity

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Karen DePauw @kpdepauw · Apr 15

Thriving in GradSchool Tip#31 (thx @courtcoll) Hard to thrive without a mentor. Find at least one, maybe more than one @VTGradCommunity

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Karen DePauw @kpdepauw · Apr 15

Thriving in GradSchool Tip#30 (last one) Change rhetoric & reality fr surviving to thriving-shared responsibility pls join @VTGradCommunity

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Karen DePauw @kpdepauw · Apr 15

Thriving in GradSchool Tip#29 Learning thru active listening & observing. Also look for unobvious @VTGradCommunity



Seeing the unobvious: Fed Ex and other visuals

In higher education, we are taught to find meaning and to make sense of "our world". We work with data (although described differently by different disciplines)....

□ [Graduate School / Graduate Life / Your Voice Matters](#)

Disrupting Academic Bullying

To maintain a culture of civility throughout the graduate education experience, academic bullying is unacceptable and should not be tolerated.





Little Hokie™ Hangout:
Cooperative Play
Group

Little Hokie™ Hangout is a parent-run cooperative playgroup for children between



Babysitter
Clearinghouse

The Graduate School's Babysitter Clearinghouse is a frequently updated list of qualified babysitters



Parent Support Group

Graduate students who are juggling family and their academic work meet monthly to discuss issues, connect with other parents, and



LITTLE HOKIE-HAND-ME-DOWN

Little Hokie™ Hand-Me-Down



Work-life grants (GA, GTA, GRA)

- 6 weeks of paid “leave” - modified duties
- shared between Graduate School and College
- birth, adoption, significant life crisis

The Office of the Ombudsperson

Confidential ◊ Informal ◊ Impartial
Independent ◊ Voluntary



Wellness Room Offerings

Mindful Mondays:

Offered by Hokie Wellness
from 11:30 a.m. -12:00 p.m.

Yoga Wednesdays:

Offered by Rec Sports from
11:30 a.m. -12:15 p.m.

How of Happiness Fridays:

Register Online: recsports.vt.edu
11:30 a.m. -12:30 p.m.
September 13-November 8



「 Thanks 」