Mental Preparation for Graduate School

1. Start planning now
• Look at syllabi- map out assignments on a calendar
• Effectively allocate time- strategize which to-dos you can check off early
• Reflect on undergrad- Were you a procrastinator? Develop better patterns early such as prioritizing a full eight hours of sleep

2. Read ahead.
• Get a jumpstart by reading assigned articles, cases, etc. early
• Familiarize yourself with subject early to start connecting the concepts

3. Prioritize finding your balance
• Establishing work-life balance in graduate school is important—especially if juggling a job on top of other commitments
• In order to avoid burnout, prioritize balance
• Improve your time management skills, take breaks and know when to say “no” to certain work or social engagements
• Stress won’t always be avoidable, but balance can help minimize it

4. Leverage your new network
• Have doubts or questions? Get to know your fellow classmates. Learn more about their current jobs, why they enrolled in the program, and their professional goals
• Start to build a support system by going to your professors
• Faculty bring decades of industry experience and thought leadership to the classroom. They want to help, so don't be shy