



## 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