AVOIDING BURNOUT: SELF-CARE AND WELLNESS IN GRADUATE SCHOOL

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Objectives:

• Provide an overview of the scope of the graduate student roles and responsibilities
• Increase students’ knowledge of the importance of self-care in navigating through graduate school
• Inform graduate students of existing resources and how to utilize them
• Share different techniques, practices, places, and resources for managing stress
Freewrite/Freedraw Activity

• Please take a piece of paper and some crayons or a pen.
• Describe or depict what practices, places, or people help you manage your stress levels.
• Be creative! 😊
Quick Definitions

• “Burn-out”- Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration (Merriam-Webster, 2015)

• Self-care- “Includes any intentional actions you take to care for your physical, mental and emotional health.”
What is Wellness?

• "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.

• "a conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute
Role: Student

Responsibilities:
• Attending Classes
• Weekly Readings
• Individual and Group Projects
• Blackboard Blogs and Forums
• Deadlines
Role: Scholar

Responsibilities:

• Conducting research
• Writing papers
• Conferencing
• Running experiments
• Finding publishing opportunities
• Co-authoring
• Meeting publication deadlines
• Preparing for the job market
Role: Graduate Assistant (GA)

Responsibilities may include:

• Administrative duties
  – Answering phones and emails
  – Clerical work
  – Filing
• Scheduling
• Assisting with office work
Role: Teaching Assistant (TA)

Responsibilities:
• Class preparation
• Developing syllabi
• Teaching
• Weekly lesson planning
• Grading
• Holding office hours

*Tomorrow, you can attend breakout sessions specifically designed for new TAs!*
Role: Research Assistant (RA)

Responsibilities:
• Working on research for your professor
• Helping develop research methodology
• Literature review writing
• Lab research
• Conducting experiments
Role: A Person With a Life!

- Family
- Partners
- Pets
- Hobbies
- Housing responsibilities
- Part-time/full-time job
- Financial concerns
- Non-academic responsibilities
- Etc.
How To Cope With STRESS

• Deep breathing meditation
• Listen to instrumental music
• Watch funny/cute animal videos
• Go for a walk
• Talk to Mom!
How to Cope with STRESS

• Treat yo’ self (within reason)
• Make time for exercise
• Music!
  – 8tracks
  – Spotify
  – Soundcloud
  – Amazon Prime
  – YouTube
How Do YOU Cope with STRESS?

What did you describe or depict? Share with us! 😊
Useful campus resources

Student Support Services

– Counseling and Human Development Center
– University Health Services
– Psychological Services
Things to do at Kent State:

Student Organizations:
- Center for Student Involvement
- Graduate Student Senate – Gradfest
- Graduate Studies – Graduate Student Social

Fitness and Wellness:
- Recreation and Wellness Center

Main Library:
- International Conversation Hour
- Therapy Dogs

KIVA Real Late Reels (FREE movies on Friday and Saturday)
Things to do in Kent:

Restaurants, bars, live music, hike & bike trails, the Esplanade etc.
- Downtown Kent

Yoga in Kent:
- One Love Yoga Studio
- Kent Yoga

National Parks:
- Cuyahoga Valley National Park
Things to do in NE Ohio:

Music Venues:
- Cleveland Orchestra

Sports:
- Browns (American Football)
- Indians (Baseball)
- Cavaliers (Basketball)

Library:
- Cleveland Public Library

Museums:
- Cleveland Museum of Art
- Rock & Roll Hall of Fame

Zoo:
- Cleveland Metroparks Zoo
Complex Conversation

Frustrating Supervisor:
https://www.youtube.com/watch?v=cH79UtcCbhU&index=14&list=PLdvTi4C_V8FU8v0dEvNq5vyQExbJecZ3p
References


• National Wellness Institute: http://www.nationalwellness.org

• World Health Organization: http://www.who.int/en/
Thank you for attending GSO!

Feel free to contact us with any questions:
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