

THINGS WE WANT NEW STUDENTS TO KNOW:

- ALVS has free coffee and can be a great place to study. You can rent iClickers and graphing calculators from this place.
- Color printing in the 3rd floor computer lab -- all grad students are given \$5 free for this. They can print big posters if you need them to.
 - Big posters only cost about \$2.50!
- You have the M drive that you can save stuff on and access through anything -- ask a mentor about this if you want to know more. It's basically like you're given a flash drive that can automatically appear on every computer on campus.
 - Download Citrix from <https://www.chhs.colostate.edu/technology/Citrix.aspx> and you will be able to access your M drive from your home computer as well as stats software and other programs you may not have.
- Learn EndNote. There are free tutorials given in the library, and it will help you with storing citations and managing them and incorporating them into writing papers using Word. Super useful.
 - The librarians are AMAZING and can help you with EndNote, searches for lit reviews, etc.
- Makenzie Ferrante is your liason between the "graduate committee." Go to her with complaints about the department of any kind.
 - Or requests, comments, etc.
- This department has no stats class that lines up with the curriculum; you have to choose one from the list (purple paper given at department orientation). Most students take EDRM 606 because it's so easy, but you don't have to.
 - High recommendations for HDFS 549/550
- Summer financial aid: undergrads need to take 6 credits to get any financial aid, grad students need to take 5 credits. (Speak with a FA counselor to confirm this, of course.) You need to take MNT, and it's only offered in the summer, so you need to have a plan to pay for that.
 - If you are an GRA/GTA taking more than 5 credits, you also get health insurance paid for by the university!
- Cheapest coffee on campus (besides free coffee @ ALVS) is in the Behavioral Science Building or the Lake Street Convenience Store (but that's only drip coffee). Take your own cup for an even better deal!
- Don't stress about the application process and timing for the CMPD (the department's internship program for prospective dietitians) versus DICAS (what you do if you don't get into the CMPD). This can be explained later on after you find your grounding in this program.
- Meet with Mary Harris during the first semester. She'll help you figure out what classes you need to take. Don't be afraid to ask her questions if you don't understand what she's saying.

- Find a few good mentors. This can be your advisor although not all advisors are *mentors*. Mentors can be fellow graduate students, faculty, outside faculty, non-academic professionals (RD's), etc. Utilize these mentors effectively and efficiently.
 - Graduate student mentors can be a great help – “they have been through it”
- If you have CSU's Student Health Insurance Plan (SHIP) and you have a Graduate Teaching or Research Assistantship (GTA/GRA), CSU will contribute to the cost (up to 100%). See the graduate school website for more resources about GTA/GRA positions: <http://graduateschool.colostate.edu/financial/assistantships/>
- Not all GTA appointments are created equal. Similarly, not all GTA experiences are created equal – some include more grading/less teaching and some the opposite, for example.
- Don't be intimidated by other students or faculty that have been here longer than you – you are here to learn. Expect a learning curve but know you likely have something unique to contribute as well.
- Students may come from various backgrounds (i.e. biochemistry or psychology). You might have deficiencies and strengths that others don't. You are unique, and you made it here for a reason – don't feel like an imposter.
- There are numerous resources at CSU (writing workshops, counseling, graduate student groups, career center) and specifically for graduate students. Utilize them if needed, you're paying for them.
- Graduate school can be more challenging than undergraduate beyond intellectual aspects – you *might* have less structure in school and life.