

# Division of Graduate Studies

Graduate Student Newsletter - Oct. 27, 2022

Dear graduate students,

Congratulations on reaching the halfway point of fall term! Scroll on for resources and opportunities to support your efforts.

## Graduate Research Forum Prep

Take advantage of practice and info sessions leading up to the [Graduate Research Forum](#) happening on Feb. 15, 2023.

### 3MT Intro Workshop

**When:** Friday, Nov. 18 from 10-11:30 a.m.

**Where:** Allan Price Science Commons & Research Library, B040.

**What:** Learn presentation and stage presence techniques for communicating your research in the 3MT format (3-minute time limit and only one slide). [Registration required](#).

### 3MT/Panel Practice Sessions

**When:** Pick a session: Thursday, Dec. 1, 8, 15 or Jan. 5 from 2-4 p.m.

**Where:** UO Baker Downtown Center or remote.

**What:** Practice your panel presentation and/or your 3MT presentation in front of an encouraging audience anchored by members of [UO's Osher Lifelong Learning Institute](#). You can choose to present either in person or remotely and gain immediate feedback. [Sign up here](#).

### Poster Advice

Read poster tips from past winners on [Instagram](#).

### Additional Updates

Want more info about the Graduate Research Forum? [Join this listserv](#) to receive additional updates.

## Events

### gradCONNECT Film Festival

**When:** Friday, Dec. 2 from 3 - 5 p.m.; **Where:** EMU, [Redwood](#)

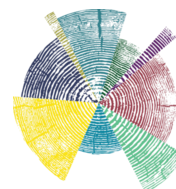
[Auditorium](#); **What:** Watch short audiovisual creations by UO students, ask the filmmakers questions and enjoy snacks and conversation with peers in a relaxed and welcoming environment.

**Attendees:** [Reserve your spot](#).

**Filmmakers:** [Submit your short film for consideration](#) by Nov. 6. View guidelines [here](#).

## Professional Development

## Quick Links



GRADUATE  
RESEARCH  
FORUM

Visit the [Graduate Research Forum website](#) to learn about the event and ways you can showcase your work.



[Connect with us on LinkedIn](#) to stay up to date on all professional development resources and events across campus.



[Follow us on Instagram](#) for student and faculty spotlights and other happenings (@uograduatestudies).

## Grad OneStop



Visit our [One Stop resource page](#) for a comprehensive directory of campus and community resources especially curated for graduate students, including:

## Job and Internship Search Strategies for Grad Students

**When:** Wednesday, Nov. 2 at 10 a.m.; **Where:** Remote; **What:** Get started and/or become more effective in your search for jobs and internships by attending this UO Career Center Workshop. [Learn more and register.](#)

## Cover Letter Writing for Grad Students

**When:** Wednesday, Nov. 30 from 10 - 11 a.m.; **Where:** Remote; **What:** Learn how to make your Cover Letters clear, informative and engaging. [Sign up.](#)

## TGIF Graduate Student Writing Group

**When:** Fridays, Oct. 28 - Dec. 9. from 10:30 am. - 12:30 p.m.; **Where:** Graduate Student Lounge in Susan Campbell Hall; **What:** Join a writing circle of peers facilitated by Sabrina Sherman, PhD candidate in English Department. [Registration Required.](#)

## Individual Coaching for Students in Their Last Year of Dissertation

The Division is sponsoring one-on-one writing sessions for students in their last year of dissertation. To schedule, email Alexa at [aweinst6@uoregon.edu](mailto:aweinst6@uoregon.edu) with three good 1-hour times for you. Generally available times: M, T, F 11–3 or Th, F 3–7 (please exclude next-day options). She will write you back directly to coordinate.

## Wellness Q&A

Don't let your mental and physical wellness take a back seat to your studies. See below for some strategies to access care today.

### Q: How do I find a therapist?

Option 1: Call University Counseling Services: 541-346-3227. They have curated lists of community therapists who accept GTFF and UO student health insurance.

Option 2: Call your insurance provider (number on back of insurance card) and ask for a list of providers in your area.

Option 3: If you are employed as a GE and have GTFF insurance, you may contact the GTFF health insurance support staff for assistance with finding a therapist in your area: [benefits@gtff.net](mailto:benefits@gtff.net).

NOTE: UCS offers *6 free individual therapy sessions* for grad students wanting brief counseling or waiting for a community therapist opening.

Other free or sliding-scale therapy services include [UO HEDCO Clinic](#) and the [UO Psychology Clinic](#).

Psychologytoday.com is a website by which therapists in your area advertise their services. You can choose therapists that match training requirements and demographic characteristics that you're looking for. [View the directory.](#)

### Q: How do I learn about my benefits and how to use my insurance?

Option 1: If you are employed as a GE and have GTFF insurance, you may contact the GTFF health insurance support staff for assistance [benefits@gtff.net](mailto:benefits@gtff.net)

## [GE Success Resources](#)

## [Open GE Positions](#)

## [Graduate Education Policies and Procedures](#)

## [Health and Wellness Services](#)

## [Tech Support](#)

## [View all Graduate Studies resources and opportunities](#)

## Grad Student Spotlight



### Michelle Mendoza

Michelle is a 3rd year in the PhD in Counseling Psychology program. She works closely with her faculty advisor, [Dr. Krista Chronister](#), on research focusing on Intimate Partner Violence in Filipino communities.

Michelle and Dr. Chronister recently published in the first [Filipino American Psychology Encyclopedia](#), due to be released this year. Their chapter provides a summary of the very limited research that exists on domestic violence in Filipino American communities. Moving forward, Michelle plans to produce research that highlights and utilizes the strengths of communities to destigmatize dialogues on domestic violence with the goals of disrupting cycles that perpetuate harm within communities.

### [Read Michelle's Story](#)

## Call for Student Spotlight Nominations

Option 2: Call, email, or walk in and visit with the UHS student insurance help team. This team is comprised of staff who are waiting to answer your questions about what services you can access at UHS and how to use your insurance. They also have [detailed FAQs online](#)

**Q: I'm a grad student, can I use UO Health Services here on campus?**

Yes. Grad students can get most of their healthcare needs via the UO Health Center, if desired. [Check out the list of prevention, wellness, and primary care services available to all graduate students.](#)

A small sampling of specialty services: allergy and asthma care, diabetes management, transgender care, physical therapy, napping rooms, free sexual health protection products, and more.

Do you know someone doing something great on campus? Nominate them for a student spotlight by emailing [gradcomm@uoregon.edu](mailto:gradcomm@uoregon.edu).

**1219 University of Oregon, Eugene OR 97403-1219**

**P: 541-346-5129 | F: 541-346-2804**

You are being sent this message based on your affiliation with the University of Oregon.

**Share this email:**



This email was sent to .

To continue receiving our emails, please add us to your address book.

[Unsubscribe](#)

Having trouble viewing this email? [View this email online](#).

[Subscribe](#) to our email list.