

Support and Resources for Graduate Students

For general information, please visit UArizona's central hub for COVID-19 communications at <https://www.arizona.edu/coronavirus-covid-19-information>.

For communication and information from the Graduate College, including updated policies on exams and defenses, please visit <https://grad.arizona.edu/announcements/2020/03/coronavirus-information-graduate-professional-students-faculty-and-staff>.

The Graduate Center offers a range of academic, professional development, and career resources and services, many of which are available online. For resources and the most up-to-date information about events, please visit <https://gradcenter.arizona.edu/>.

The Graduate & Professional Student Council (GPSC) has general resources for graduate students at <https://gpsc.arizona.edu/resources>.

Personal Resources

- **Student Emergency Fund**

The Student Emergency Fund supports students who are in danger from withdrawing due to an unexpected, temporary financial hardship as a result of illness, family crisis, natural disaster, or other emergency or crisis situations. The fund is intended to assist UArizona students by providing subsidies solely for unexpected emergency expenses. To learn more and apply, visit

https://uarizona.co1.qualtrics.com/jfe/form/SV_eX2oNQD4G3lv1ch.

- **Campus Pantry**

The Campus Pantry aids students facing food insecurity. It has a new location and new hours during the current campus closure. To see hours, location, and additional information, visit <https://campuspantry.arizona.edu/>.

- **Community Food Bank** is running drive-through distribution and serves everyone in the Tucson area. For times and locations, visit their website at <https://www.communityfoodbank.org/covid-19-update>.
- For those with children, many locations are distributing meals for children. View the list of sites here: https://tucson.com/thisistucson/schools/a-huge-list-of-places-to-find-free-meals-for/article_a998ef24-67d3-11ea-9c06-b740ecd2d470.html.

- **Campus Health**

Campus Health is still open to provide care and fill prescriptions for the UArizona community. Their appointment policies, guidelines, and hours are different than usual, however, so please check their website at <https://health.arizona.edu/> for the most up-to-date information.

- **98.6** is a telemedicine service that is available to all UArizona full-time students. Sign-up and more information can be found at <https://www.98point6.com/arizona/>.

- **Counseling and Psych Services (CAPS)**
CAPS is available for students, mainly through telephone or Skype appointments. Visit <https://health.arizona.edu/counseling-psych-services> for more information regarding scheduling and appointments. Life Management Counseling is also available for non-clinical counseling needs. Visit <https://studentsuccess.arizona.edu/student-wellness-retention> for more information.
 - More resources for taking care of your mental and emotional health may be found at <https://health.arizona.edu/coping-stress-related-covid-19>.
 - Also, the College of Medicine's Mental Health Services webpage is geared toward caregivers at home and in healthcare facilities, and can be found at <https://mentalhealthservices.medicine.arizona.edu/>.
- **Life & Work Connections (LWC)**
LWC has a page dedicated to support during COVID-19. Visit https://lifework.arizona.edu/coronavirus?utm_source=HR+Alliance&utm_campaign=19828c3983-hr-alliance-HRs-latest-COVID-19-guidance&utm_medium=email&utm_term=0_adcb4657f5-19828c3983-199169529 for their resources.
- **Human Resources (HR)**
UArizona HR is available to aid in any employment-related questions. Visit <https://hr.arizona.edu/coronavirus-information> for more information and resources specific to the campus closure.
- **GPSC** is working to provide assistance to graduate students in isolation due to recent travel or other precautionary measures. If you need assistance, or if you would like to volunteer to assist those in need, please sign up at https://uarizona.co1.qualtrics.com/jfe/form/SV_9XN3kmHsZvqv4UZ

Graduate College Diversity Team (GCDT) announcement:

- The Graduate College Diversity Team has organized weekly zoom meetings for graduate students who have unanswered questions or unmet needs regarding the COVID-19 crisis. These meetings will identify gaps in student support, while also building a sense of community.
Nura Dualeh, an experienced, culturally responsive ally will moderate these gatherings every Tuesday, 4pm-5pm, starting April 7- July 7. Please review campus and Graduate College COVID-19 resource links (both of which may be found at the beginning of this document) since what you need might be at your fingertips. If not, you can join the zoom meetings here: <https://arizona.zoom.us/j/531795194>.
- Should you feel overwhelmed, remember that Counseling and Psychological Services (CAPS) has the excellent Stronger Than webpage, found at <https://health.arizona.edu/strongerthan>, that will bolster your resilience and celebrate your strengths.

Academic Resources

- **Office of Student Success and Retention**

A comprehensive list of campus resources available to all students may be found at <https://studentsuccess.arizona.edu/sites/default/files/WHAT%20STUDENT%20RESOURCES%20ARE%20AVAILABLE%20ONLINE%2020.pdf>

- **International Student Services**
International graduate students in need of guidance, particularly in regard to travel and immigration, should visit <https://global.arizona.edu/international-students/announcements>.
- **UArizona Libraries**
The libraries are closed, but many resources are still available online. For library information, resources, and help, visit <https://new.library.arizona.edu/covid-19>.
- **Student IT Center**
The Student IT Center features online learning and teaching technologies, including tools for collaboration and testing. Visit <https://student.it.arizona.edu/> to see their offerings.
- **Online Instruction**
Visit <https://remote-teaching.arizona.edu/> for strategies, tools, and resources -- as well as UArizona policies -- for online instruction.
- **The Office of Research, Innovation, and Impact (RII)**
RII has created a number of resources for the UArizona research community, including <https://research.arizona.edu/covid19>, a central location for all COVID-19 announcements and updates, and <https://research.arizona.edu/stories/covid19>, for stories and information from the research community.
- **Disability Resource Center (DRC)**
The center has updated its website to include information related to COVID-19, including resources for instructors who are now teaching online, such as strategies for moving their in-person classes online and suggestions for rapid online deployment. Visit <https://drc.arizona.edu/> for more.
- **Office of Instruction and Assessment (OIA)**
OIA has a number of resources for instructors, including webinars and live support. Visit <https://oia.arizona.edu/> for their full list of resources and access to support.
- **University Information Technology Services (UITS)**
UITS is still available online to help with technology needs and support. Visit <http://uits.arizona.edu/> for their full range of services.
- **GearToGo**
Graduate students in need of technology or equipment for their teaching and learning may still check out items through GearToGo. Visit <https://arizonauits.getconnect2.com/> for information on their hours and offerings.
- **Office of Digital Learning (ODL)**
ODL is a hub for UArizona's online education in general, and currently also has resources for instructors teaching online. Visit <https://digitallearning.arizona.edu/>.
- **Office of Fellowships and Community Engagement (OFCE)**
OFCE is still holding workshops and information sessions via Zoom. For information and to sign up, visit <https://grad.arizona.edu/ofce/workshop-and-presentation-materials>.
Upcoming events include the National Science Foundation Graduate Research

Fellowship Program Information Sessions on Thursday, April 16 and Tuesday, April 21, as well as a DAAD (Study in Germany) Information Session on Wednesday, April 15.

- **Summer Fellowship Application Development Program**

The Summer 2020 Fellowship Application Development Program offers deadlines and writing support to assist UArizona students in completing fellowship applications over the summer. More information may be found at <https://grad.arizona.edu/ofce/summer-fellowship-application-development-program>.

- **Writing Efficiency Sessions (WES)**

WES are group writing sessions focused on productivity and output. The structured sessions are still taking place via Zoom. For more information, visit <https://gradcenter.arizona.edu/writing-efficiency-sessions>.

Professional Development & Career Resources

- **PhD Career Counselor**

Dr. Joel Muraco is the Graduate Center's Career Counselor here to support all graduate students in their career endeavors, with a focus on the transition to industry, government, business, and non-profit employment sectors. Support includes identifying opportunities, conducting searches, networking, drafting application materials, and interviewing. You can schedule a 1:1 career advising appointment using Handshake <<https://arizona.joinhandshake.com/appointments/new>> (select "Graduate College Career Advising" and follow the prompts) or by emailing Dr. Muraco <muraco@email.arizona.edu> directly.

- **Career Forward Sprint: Beyond the Academy**

This program is for graduate students and postdoctoral scholars currently in or about to enter an internship or job search. This fully online (D2L) program teaches strategies to help you successfully navigate your career beyond the academy, while presenting your most professional self. The 1-month cohort experience covers: 1) career research and discovery, 2) building your network and your professional self, 3) developing your application materials, and 4) preparing for and practicing interviews. In typical Sprint fashion, recommended daily tasks help ensure you keep moving forward! A new cohort begins every month. The program is free, but space is limited. If you have questions or want to reserve your spot, please email Dr. Joel Muraco <muraco@email.arizona.edu>.

- Tips for [effectively working from home](https://www.theskimm.com/live-smarter/career/tips-for-working-from-home-effectively?utm_source=daily_skimm&utm_medium=email&utm_campaign=daily_skimm_guides) during campus closure can be found at https://www.theskimm.com/live-smarter/career/tips-for-working-from-home-effectively?utm_source=daily_skimm&utm_medium=email&utm_campaign=daily_skimm_guides.

- Information on the economy and job market can be found at <https://cultivatedculture.com/covid19-job-market-insights/>

The Graduate Center, a unit of the Graduate College, provides resources, services, and workshops in fields including, but not limited to:

Communication

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- *Writing workshops on a wide range of topics, including publication, dissertation and research papers, interdisciplinary collaboration, grant writing*
- *Engaging academic and non-academic audiences*
- *Effective visual communication*
- *Conflict negotiation*

- *Presenting to diverse audiences and non-specialists*
- *Refining interpersonal skills*
- *Giving and receiving constructive feedback*
- *Effective poster presentation*
- *Interactive teaching strategies*
- *Mitigating unconscious bias*

Wellness

- *Strengthening resiliency and wellbeing*
- *Work/life balance*

- *Stress and graduate school challenges*
- *Why sleep matters*

Career Development

- *The job application process (one series for careers in the Academy; another series for careers in industry, business, government, and non-profit sectors)*
- *Effective interviewing*
- *Networking for multiple career pathways*
- *Constructing a resume*

- *Constructing a CV*
- *Salary negotiation and navigating the gender pay gap*
- *Interview meal etiquette*
- *"Moving Through Your Career: From Graduate School to Postdoctoral Training to Employment"*

Integrity and Professionalism

- *Responsible conduct of research*
- *Leadership*
- *Integrity in research and creative activities*
- *Effective mentoring*
- *Constructing a professional persona*