New Graduate Student Orientation: Fall 2022
Who Are You? ~2,700 new graduate students

- 76% Masters
- 24% Doctoral
Wolfpack 2030: Powering the Extraordinary

Our new strategic plan exemplifies NC State’s mission, vision, values and goals, and affects every part of campus and everyone in the university community.

Strategic Planning

Strategic planning ensures that NC State’s land-grant mission never wavers, yet fulfills our vision of a stronger university ready to lead into the future.
NC State Strategic Priorities

Goal 1: Empower students for a lifetime of success and impact.

Goal 2: Ensure preeminence in research, scholarship, innovation and collaboration.

Goal 3: Expand and advance our engagement with and service to North Carolina and beyond, defining the standard for a 21st-century land-grant university.

Goal 4: Champion a culture of equity, diversity, inclusion, belonging and well-being in all we do.

Goal 7: Elevate the national and global reputation and visibility of NC State.
Critical Skills Needed for Graduate School Success

• Knowledge and Creativity
• Communication Skills
• Teamwork
• Resilience
• Planning and Organization
• Ethics and Integrity
Learning gives creativity, Creativity leads to thinking, Thinking provides knowledge, and Knowledge makes you great.

A.P.J. Abdul Kalam

https://csuitemind.com/quotes/
THE single biggest problem in communication is the illusion that it has taken place.

George Bernard Shaw

https://www.askideas.com/
Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

https://quotefancy.com/
Organizing is what you do before you do something, so that when you do it, it is not all mixed up.

A. A. Milne

https://quotefancy.com/quote/
GRADUATE STUDENT SUCCESS: Academic Keys

- Seek out multiple opportunities → there are many resources available on campus that you should take advantage of

- Find opportunities to develop and hone the skills that employers are seeking

- Remember that you will need to be resilient to be successful so stay healthy and practice wellness. Reach out for help when needed
An Important Resource:

The Graduate School

Shaping the World

At NC State's Graduate School, you'll join top students from all over the world who come here to learn, conduct research and grow in their field of choice. No matter your path — sciences or humanities, part-time or full-time, academic or professional — NC State can help you reach your goals.

Learn more and apply →
Have a question for the student panel?

Submit your question using the Graduate School Orientation app. Download the app using the QR code below.
Have a fantastic graduate career!

We look forward to engaging with you during your time at NC State and seeing you at graduation!
Road To Success

Lian Lynch
Assistant Dean of Graduate Student Administration
& Academic Affairs
Graduate Student Success

Critical Elements

#1: Actively Engage in your Education

• THINK and DO
• Undergraduate vs. graduate
• Be an active learner
• Think outside the box
Graduate Student Success
Critical Elements

#2: Develop a Program of Study

• Interact with advisor(s)
• Create a Graduate Plan of Work
• Track your achievements
<table>
<thead>
<tr>
<th>Task</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduate Transcript</td>
<td>Overdue</td>
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<tr>
<td>Patent Agreement</td>
<td>Overdue</td>
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<tr>
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</tbody>
</table>
NC State University

Student Homepage

- Tasks & Holds
  - 2 To Do's, 1 Holds
- Planning & Enrollment
- Student Accounts
- Financial Aid
- Academic Records
- Campus Living
- Personal Information
### View Grades

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ST 501</td>
<td>Fundamentals of Inference I</td>
</tr>
<tr>
<td>ST 517</td>
<td>Applied Statistical Methods I</td>
</tr>
<tr>
<td>ST 555</td>
<td>Stat Programming I</td>
</tr>
</tbody>
</table>
Graduate Student Success
Critical Elements

#3: Engage in Professional Development

• Develop skills beyond those obtained in your department
Graduate Student Success
Critical Elements

#4: Know the Rules!

- Enroll early & in appropriate courses
- Maintain a 3.00 GPA at all times
- Continuously enroll
Graduate Student Success

Critical Elements

#5: Stay Connected

- Google Calendar
- Instagram: @NCStateGradSchool
  Facebook: @NCStateGradSchool
  Twitter: @NCSUGradSchool
  YouTube: @NC State Graduate School
Graduate School & Mental Health

Mental Health Ambassadors

**Hannah Dedmon**  
PhD student in Fiber and Polymer Science  
Wilson College of Textiles  
SEAS Fellow  
hcdedmon@ncsu.edu

**Meggie Romick**  
PhD student in Higher Education Administration  
College of Education  
mromick@ncsu.edu
What Grad School is... and isn’t

**Growth and development**
- Advance & specialized training
- Research apprenticeship
- Orienting your mindset

**Your ENTIRE identity**

Not meant to be easy, but not meant to break you either.

“Pursuing a PhD isn’t bad for your mental health. It is actually a part of your ‘growth mindset’. What is bad is the discrimination, stigma, lack of support by supervisors and the program.”
- Ljeoma N. Popoola @mrs_iis_kids
Graduate students are more than... 6x as likely to experience depression & anxiety when compared to the general population (Evans et al., 2018)

Mental Health Concerns are Common

- 39% of students in college experience a significant mental health issue
- 1/2 mental health issues begin by age 14; 75% begin by age 24
- 67% of people 18-24 with anxiety or depression don’t seek treatment
Take inventory: What might you have to navigate this semester?
MASTERS STUDENT MENTAL HEALTH AWARENESS

This poster explores some of the common stressors that masters students experience during their taught and/or research programs.

PRESSURE TO PERFORM
With the short nature of the masters program, there can be huge pressure to succeed. Being financially committed can make it harder to quit.

WORKLOAD INTENSITY
The workload/research intensity is often very high adding stress. Masters students can sometimes be used as "output mills" and treated poorly.

LITTLE DOWN-TIME
There is often little time to rest during a masters program, with pressure to just keep studying. This can lead to burnout.

SYSTEMIC ISSUES
Instead of dealing with complaints/concerns, some universities do not address them, and just wait, banking on high student turnover.

FINANCIAL CONCERNS
Paying out for the masters, moving to attend the program and/or living on a small stipend, can result in significant financial concerns.

"JUST A MASTERS"
In some cases, some are met with snobbery and statements like "you are just a masters student". This can lead to feeling undervalued and imposter feelings.

SOCIAL ISOLATION
Moving to another location to study, and the intensity of workload can make it difficult to form social groups and support networks with the masters cohort.

LACK OF SUPPORT
Mental health support is often geared towards undergraduates, with little available resources for masters students, making students unsupported.

STEEP LEARNING CURVE
With many returning to education, or transitioning from undergrad, masters programs are often intense and without support people can feel out of their comfort zone, or overwhelmed entirely.

OF TEN NOT INCLUDED
Conversations around the masters student experience are often few, making it difficult to validate and share stories, and find support groups.

JUGGLING STUDY/LIFE
Often taking on a masters alongside working, and/or the intensity of the program, balancing work/life can be really difficult adding increased strain.

Take inventory: What might you navigate this semester?

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute. Thank you to the masters students on #AcademicChatter for conversations.
Imposter Syndrome

- Fear of being “found out” or “exposed” as a fraud
- Assuming you’re the only one who feels like this
- Can be caused by failure to internalize past successes
- OR by being conditioned to only value approval and gratification from external sources
Mental wellbeing in a tumultuous time

Stress: a human response to internal and/or external factors

There is GOOD stress (eustress)
- Starting grad school
- Getting engaged
- Winning the lottery

There is BAD stress (distress)
- Difficult work environment
- Overwhelming sights/sounds
- Threat of injury

Stress is a natural and manageable part of life.

- We react behaviorally, physically, mentally, and/or emotionally to various conditions, changes and demands of life.
- The stress we experience is rooted in the physiological “fight, flight or freeze” response.
- Constant demands of academic or personal life can lead to stress overload.
You’re not meant to do this alone

Built in Support

Director of Graduate Program (DGP)
Graduate Services Coordinator (GSC)
Dean(s)
Graduate Student Association (GSA)
Counseling Center
Resources

Advisor/PI
Cohort
Peers

External Community

Spouse/partner
Family
Friends
Professional associations
Student organizations

YOU
Most students who pay the health fee are eligible for assessment and consultation. Students may also be eligible for the following:

- Psychoeducational resources
- Academic Counseling
- Short-term Therapy
- Outreach programming
- Group Therapy
- Workshops
- Psychiatric services
- Assistance for on- or off-campus referrals
- Student Wellness Coaching - URec
- Counseling Center Referral Database
Counseling Center

Counseling Center Hours of Operation: 8:00 AM to 5:00 PM

Triage Walk-in Hours: 9:00 AM – 3:00 PM Monday, Tuesday, Thursday, and Friday. 11:00 AM – 3:00 PM on Wednesday.

Academic Walk-in Hours: 10:00 AM – 2:00 PM Monday and Wednesday

Crisis Support: Call us 24/7; including weekends and holidays

First Visit? Here’s What To Expect:
1. Complete your initial paperwork online or in-person. Visit counseling center website: ‘Getting Started’ tab
2. You will meet with a triage counselor once your paperwork is briefly reviewed
3. You will then be connected with the appropriate resources, group and/or individual therapist

Campus Health Center (CHC)
2815 Cates Avenue, Suite 2401
Campus Box 7312
Raleigh, NC 27695-7312
Fall 2022 Drop-in Spaces

A drop-in space is a casual, no-commitment-required way to engage in a variety of experiences that allow you to find connection and support.

- **International Tea Time**
  - Open to international and domestic students, this is a time to just show up, meet peers, learn about other cultures, relax, and support each other.

- **Flourish**
  - A collaboration with the Horticulture department that utilizes the benefits of horticulture therapy.

- **Pack Recovery**
  - This support space provides a space for students in recovery from substance use disorders to connect.

- **Black and Boundaried**
  - Students will explore racial and ethnic trauma and discuss its varying impact on students of color. This space values connection, community and establishing healthy coping strategies to manage symptoms of racial and ethnic trauma.

- **The Collective**
  - A collaboration with the Women’s Center that provides a space for existing and entering women of color at NC State to form a community, break silos, and deepen relationships through facilitated dialogue centered on truth-telling and testimonios.

- **Boba Chat**
  - A safe space for students who identify as Asian, Pacific Islander, and/or South Asian American (APISAA) to connect and support others.
you’ve got this.

(and we’re here to help)
The Prepared Pack

Environmental Health and Public Safety
WolfAlert – Emergency Communications

NC State’s Wolf Alert Emergency Notification Systems will be activated during emergencies, to alert the campus community and provide information.
OnCampus App

- **On Campus** is now part of the WolfAlert notifications system:
  - PACK READY logo
  - Can reach additional populations without UNITYID constraint on any device
  - Make sure you enable notifications after downloading the app
Medical Emergencies

Call 911 immediately
Give as much information as possible regarding:

- Nature of the illness or injury
- Victim’s location
- Status of victim: conscious, breathing, bleeding
- Victim’s injury if known
- Hazardous materials involved

- Do not attempt to move the victim unless he or she is in danger of further injury
- Properly trained individuals should begin CPR and/or First Aid
- If alcohol poisoning is suspected, keep the person awake, turn person on his or her side
Mental Health

IMMEDIATE THREAT—Concern regarding immediate threat towards self or others
• Call 911
• Once safe, call:
  • Risk Assessment Case Manager 919.513.4224
  • Office of Student Conduct 919.515.2963
  • And/or Employee Relations 919.515.6575

NON IMMEDIATE THREAT
• For concerns relating to Students:
  • Risk Assessment Case Manager - 919.513.4224
  • Office of Student Conduct 919.515.2963
  • University Police 911 or 919.515.3000 (24/7)
  • Counseling Center during normal business hours - 919.515.2423 or On-Call Counselor via 5-3000

When in Doubt: Consult Immediately with Appropriate Resources
Utility Failures

In the event of a major utility failure -
Call NC State Facilities Operations Service Center:
919.515.2991 OR
University Police:
911 or 919.515.3000

Examples may include:
Gas Leak
Electrical Outage
Flooding
Plumbing Failure
Research Safety

- Understanding the Hazards
- Understanding the Equipment
- Personnel Protective Gear
- Training
- Hazard Communication
- Postings and Placards
- Test Runs and Practice
- Emergency Preparedness
Hazardous Material Emergencies

HAZARDOUS MATERIAL SPILLS
Emergencies, call 911 immediately

Hazardous materials include biological, radiological, chemical and gases. Any hazardous material spill should be reported to 911, who will contact Environmental Health and Safety.

Do not attempt to clean up a hazardous material spill unless authorized by trained personnel through University training or direct supervision.

Examples include chemical, biological and radioactive materials
Fire Emergencies

In the event of a fire or hazardous materials emergency within a campus building, it is necessary and safest for occupants to evacuate.

University policy is total evacuation

If you are trained and feel confident using a fire extinguisher

P  PULL safety pin from handle
A  AIM at the base of the fire
S  SQUEEZE the trigger handle
S  SWEEP from side to side
Resources

NC State Emergency Information Webpage
Wolfalert.ncsu.edu

Additional emergency information is provided for preparation and actions related to emergency events:

Emergency Management and Mission Continuity

go.ncsu.edu/packready
Professional Development

The Graduate School
NC State University

go.ncsu.edu/prof-dev
Fundamental Elements

Academic Training

• Writing workshops
• Writing groups
• TA training
• English language courses and training

Career Training

• Career preparation
• Teaching and Communication certificate
• Writing Certificate
Accelerate to Industry

go.ncsu.edu/a2i
Year-long program focused on faculty job search and career success strategies

Preparing the Professoriate
Year-long program focused on faculty job search and career success strategies
Overview: Teaching and Communication Programs

- New TA Workshop
- Teaching and Communication Certificate
- Preparing the Professoriate
- Academic Packways
Teaching and Communication Certificate
Communicating effectively with non-specialist audiences
100 hours of approved activities
Online portfolio
Writing Certificate

Publish and present research
100 hours of approved activity
Transcript notation
Academic Packways
2-day future faculty preparation program
Late-stage grad students and postdocs
Panels, presentations, working sessions
Job market dossier preparation
Camp Completion
(every May and December)

- Dedicated individual writing time
- Consultations with expert researchers and writers
- Group writing opportunities
- Daily check-ins and motivational strategies
- Research support and library resources
Grad Engineering Writing Support

Engineering Cafés
(Topics include)

- Professional emails
- Introduction sections
- Discussion sections
- Abstracts
- Reports
- Proposals

go.ncsu.edu/engineerwriting
RUL 10.15.01 – Training in Responsible Conduct of Research

Authority: Vice Chancellor for Research and Innovation
Elements

- Any student involved in most federally funded projects are required to complete the CITI training
- You will be informed of that requirement by the Research Compliance Office housed in the Office of Research and Innovation
- Critical skills covering data integrity through research ethics and elements of authorship
- Depending on the nature of the projects can also involve:
  - Human subjects training (IRB)
  - Animal protocols (IA)
Academic integrity

Pierre Gremaud
Associate Dean
The Graduate School
What is Academic Integrity?

• It is often defined by what it is not (cheating, plagiarism, etc.)

• ICAI: commitment to six fundamental values

  • Honesty
  • Trust
  • Fairness

  • Respect
  • Responsibility
  • Courage
Academic Integrity matters…

- Example from Alzheimer research: *Blots on a Field, C. Piller, Science, 377 (2022), p. 358-363*
- Someone produced fake results…

  - “The immediate, obvious damage is wasted NIH funding and wasted thinking in the field because people are using these results as a starting point for their own experiments.”
  - “You can’t cheat to cure a disease. Biology doesn’t care”
  - What if your PhD starts from false results?…
Not so simple…
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

Bad student:
• Dishonest
• Insincere
• Does not follow rules
• In breach of academic policies
• In breach of behavioral expectations

Good Student:
• Honest
• Sincere
• Follows rules
• In good standing
• Behavior consistent with expectations
Complexity
( inspired by Encouraging Academic Integrity Through a Preventative Framework )

B
C

Consistent with academic expectations

D

Breach of academic expectations
Complexity
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

B: Doing what they feel is right
D: Doing what community expects

B: Consistent with academic expectations
C: Breach of academic expectations

D: Dishonest
C: Honest
Complexity
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

Want to do the right thing but...

Breach of academic expectations

Consistent with academic expectations
Complexity
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

- **B** (Breach of academic expectations)
  - Intentionally does the wrong thing
- **A** (Consistent with academic expectations)
- **D** (Dishonest)

- **B**
  - Dishonest
  - Breach of academic expectations

- **A**
  - Honest
  - Consistent with academic expectations

- **D**
  - Dishonest
  - Breach of academic expectations
Complexity
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

B

C

Commits undetected academic offenses

Consistent with academic expectations

Breach of academic expectations

honest

dishonest
Education/Training/Mentoring
(inspired by Encouraging Academic Integrity Through a Preventative Framework)

<table>
<thead>
<tr>
<th>Breach of academic expectations</th>
<th>consistent with academic expectations</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>A</td>
</tr>
<tr>
<td>C</td>
<td>D</td>
</tr>
</tbody>
</table>

B: Breach of academic expectations
A: Consistent with academic expectations
B: Breach of academic expectations
C: Breach of academic expectations
D: Consistent with academic expectations

honest
dishonest
Examples of academic offenses

**Cheating**: unethically aiding oneself or someone else

**Plagiarism**: use language/thought of another without acknowledgment; representing work of others as your own

**Aiding and abetting others to cheat or plagiarize**

**Destruction of academic materials**
Consequences of academic offenses

**Penalties:** from loss of credit to suspension and expulsion (see [Code of Student Conduct](#))

**Social consequences:** devaluation of work, integrity and fairness; habit forming

**Loss of intellectual property:** theft, loss of recognition

**Legal consequences:** institutional or personal
What to do?

1. Be honest (crime doesn’t pay)
2. Don’t be afraid to ask for help
3. Get informed (see resources)
4. Take care of yourself
Additional Resources

• Plagiarism checkers: Turnitin, MOSS
• Videos about Academic Integrity
• Graduate writing support: go.ncsu.edu/gws
• Academic Integrity (Office of Global Engagement)
• Plagiarism (University Libraries)
• NC State plagiarism resources and tutorials (ORI)
• gremaud@ncsu.edu
NC State University Libraries
Graduate Student Resources & Services

go.ncsu.edu/libraryorientation_grad22
Our Libraries

D.H. Hill Jr. Library
Mon-Thu 24 hours
Friday closes at 10pm
Saturday 9am - 10pm
Sunday opens at 9am

James B. Hunt Jr. Library
Mon-Thu 24 hours
Friday closes at 10pm
Saturday 9am - 10pm
Sunday opens at 9am

Natural Resources Library
Jordan Hall

Design Library
Brooks Hall

Veterinary Medicine Library
Centennial Biomedical Campus
Graduate Student Commons

These are YOUR spaces!!!

D.H. Hill Jr. Library

James B. Hunt Jr. Library
Graduate Student Services

lib.ncsu.edu/graduatestudents

- Meet your Subject Specialist Librarian
- Request Research and Technology Consultations
- Citation Management guidance
- Copyright guidance
- Data/Statistics: Numeric, Geospatial (GIS)
- Tripsaver: Borrowing from other libraries!
- Register for Workshops
- Learn how to search and organize information to write your theses and dissertations
Get Expert Help

- Walk-Up
- Chat
- Text
- Phone
- E-Mail
- Consultations
One-on-one Consultations

**Research**: Get help with conducting research, finding resources, and more over email or by virtual appointment

**Technology**: Get tech help by email or virtual appointment for staff assistance with digital media, design projects, VR/AR, and more.

**Data & visualization**: Get data science help by email or virtual appointment on topics including R, Python, visualization, and machine learning
Get Access: lib.ncsu.edu
Our Collections

- 3.4 million titles
- 1.5 million+ ebooks
- 120,000+ journals (99% online)
- Over 681 databases
- 15.7 million uses of our collection in 2020/21
Books + Journals + Much More

Databases, Datasets, Collaboration Tools

DataONE
Data Observation Network for Earth

WEB OF SCIENCE

Overleaf

GeoRef

Digital Scholarship Tools & Training

DRYAD

Linkedin LEARNING

Technology Lending

Reconyx Scouting Camera
Borrow from desk
4 Weeks Borrowing Period

Coletron Skymaster DX 9X53 Binoculars
Borrow from desk
1 Week Borrowing Period

Mobile Phone Macro Lens
Borrow from desk
1 Week Borrowing Period

RTL SDR Software Defined Radio Scanner
Borrow from desk
1 Week Borrowing Period

Checkmate Sound Pressure Level Meter
Borrow from desk
1 Week Borrowing Period

Stratus Precision Rain Gauge
Borrow from desk
1 Week Borrowing Period

Unihihdon Sky Quality Meter
Borrow from desk
1 Week Borrowing Period

Coletron Handheld Microscope
Borrow from desk
1 Week Borrowing Period
Some Important Library Services

• Book Checkouts: 90 days, unlimited renewals

• Tripsaver – interlibrary loan services, including borrowing from other TRLN institutions (UNC-CH, Duke, NCCU) or institutions from around the world.
  – If we don’t have it, we will try to get it for you from someone else!

• Suggest a Purchase - form for requesting items to be added to the collection.
  – We will buy books to support your teaching & research!
Textbooks

- We keep at least one copy of every **required** textbook for **fall** & **spring** classes
- 4,500 texts on reserve every year!
- Faculty must notify the NC State Bookstores and/or the Libraries of their textbook selections

Course Reserves

- Electronic course reserves can be found online.
- Physical course reserves at Ask Us at Hill & Hunt Library, and in branch libraries.
- Reserve request form: reserves.lib.ncsu.edu
Subject Specialist Librarians

Expertise in tools and strategies for finding information in disciplines

Connectors to people, tools, spaces, resources, etc. through library (and elsewhere on campus)

Kristy Borda
Research Librarian for Engineering, Sciences, and Biotechnology

Bertha Chang
Associate Head, Collections & Research Strategy

Greg Tourino
Lead Librarian for Textiles & Engineering Research Librarian

Jeff Essic
GIS and Data Librarian
Data & Visualization Support

Consultations in:

- Data analysis
- Data visualization
- Machine learning
- Data science tools

MATLAB  SQL  NVivo
R  GitHub  SAS
Statistics  Tableau  MPlus
Excel  Stata  JavaScript
GIS  SPSS
Python  Qualtrics

go.ncsu.edu/getdatahelp
Technology-Rich Libraries

Visualization Studio
Teaching & Visualization Studio
Gaming Lab

Makerspace
VR Studio
Innovation Studio
Library Workshops

www.lib.ncsu.edu/workshops/upcoming

Library Workshops

Sign up for our semesterly email updates. Subscribe →

**AUG 30**

**IRB Basics Part I: An Introduction to the IRB process at NC State**

Tuesday, August 30
4:00 PM to 8:00 PM
Online only

**AUG 31**

**Overleaf + R Part 1: Practicing Open-Source, Cloud-Based Workflows for Science Writing**

Wednesday, August 31
9:30 AM to 11:00 AM
Online only

**SEP 2**

**Overleaf + R Part 2: Practicing Open-Source, Cloud-Based Workflows for Science Writing**

Friday, September 2
9:30 AM to 11:00 AM
Online only
The Peer Scholars Program is a series of workshops run through NC State University Libraries and led by postdoctoral scholars and graduate students with specific research skills, including (but not limited to) design, programming, analytics, immersive technologies, visualization, and data analytics. The events are open to NC State students, faculty, and staff. For more information, contact Alexa Carter (aacarte2@ncsu.edu).

[www.lib.ncsu.edu/peer-scholars](http://www.lib.ncsu.edu/peer-scholars)
Come to Events

www.lib.ncsu.edu/events
Just Ask Us!

- Walk-Up
- Chat
- Text
- Phone
- E-Mail
- Consultations

go.ncsu.edu/libraryorientation_grad22
Student Panel