

GRADCATS

Thrive Guide

For UNH Graduate Students + Post-docs

Updated Fall 2019

GRADCATS is a comprehensive resource guide designed to provide University of New Hampshire graduate students and post-docs information regarding the resources available to them as a student and member of the UNH community.

The categories include:

- **G**raduate School
- **R**esearch, Writing, & Communication Support
- **A**ward + Fellowship Opportunities
- **D**iving into Community
- **C**areer Support + Professional Development
- **A**round the Seacoast
- **T**eaching Support
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Graduate School

The Graduate School serves to connect and direct graduate students from all programs. Whether you're new to the UNH graduate community or a current student looking for information, resources specifically for graduate students can be found here. For general info on the UNH Graduate School, visit [our website](#) or contact grad.school@unh.edu.

- » **Where we are:** Our Durham offices are on the ground level and first floor of Thompson Hall. In our first-floor office, you will find the Graduate School Deans, as well as administrative and recruitment/retention staff. In our ground floor offices, you will find admissions, IT, and academic services staff.
- » **The Nest & Hive:** Located on the ground floor of Thompson Hall, these are designated graduate student spaces. The Nest, Room G15, is a social space and features a variety of seating and table spaces, a meeting room, and coffee/tea/snacks. The Hive, Room G16, is a study and learning space, equipped with tables and chairs for approximately 20 people. Most of our Graduate School programs occur in these spaces.
 - Graduate Student Workspace Hours in the Hive: Each semester, the Graduate School office reserves this space for select times during the week for graduate students to work in a quiet, focused community. Come by the Hive for info on these hours.
- » **Organizations specifically for graduate students:**
 - Graduate Student Senate: The official voice of the UNH graduate student body, GSS works hard to advocate for and foster community among graduate students.
 - Stonewall Grads: LGBTQ+/ally group for graduate students + post-docs.
 - ABUGS: Advisory Board for Underrepresented Graduate Students.
 - Graduate Parent Support Group: Supportive social group for students and post-docs who are juggling family and academic lives
- » **How to get connected:**
 - Tune into our weekly newsletter, delivered to all UNH graduate student and postdoc emails every Sunday night. For events, check out our [Event Summary page](#). If you do not receive the newsletter and would like to, please email grad.assist@unh.edu.
 - Follow us on [Twitter](#), [Instagram](#), and [Facebook](#) to learn about upcoming events and opportunities, as well as current research and recognition.
 - Canvas page: Each semester, all new graduate students and post-docs are automatically enrolled in our "Graduate School Professional Development Programs" Canvas course page. We use this course page to send out announcements for upcoming events and opportunities in the graduate community. For information on navigating Canvas, check out this UNH guide [here](#). If you are not part of the Canvas page and would like to be, email grad.assist@unh.edu to request to be added.

Research, Writing, & Oral Communication Support

- » **Dimond Library + Dimond Library's Graduate Student Resources**: Your one-stop shop for research/publication support, teaching/classroom support, and general support.
- » **Connors Writing Center + Grad Student Services**: Whether you're working on a proposal, paper, or thesis/dissertation, the Connors Writing Center is equipped with trained writers and strives to pair graduate students with graduate writers in one-on-one sessions to best support students in their writing practice.
- » **Writing Retreats**: Consists of a Winter Writing Retreat during January-term and a Summer Writing Retreat in August, these are weeklong retreats held on the Durham campus for graduate students to work in community on anything from papers and proposals to a thesis or dissertation. The retreat includes support from the Connors Writing Center, science/humanities faculty, the library, and Rec Center; plus coffee/snacks/lunch each day!
- » **Dissertation/Thesis Workshops, Resources, and Retreats**:
 - Workshops: The Graduate School holds regular information sessions on the rules and general process required to format and submit final theses and dissertations.
 - Resources: [Thesis/Dissertation Formatting Manual](#).
 - Retreats: In collaboration with the Connors Writing Center, the Grad School organizes retreats to provide students with space, writing resources, food, and coffee/tea in a supportive environment so that they can advance towards the completion of their work.
 - More info under "Writing Skill Improvement Opportunities" in our [Professional Development page](#).
- » **Three Minute Thesis (3MT)**: A great opportunity for researchers looking to sharpen their communication skills, the 3MT is an annual competition in the spring semester open to students of all disciplines. The Grad School provides workshops to help prepare!
- » **Graduate Research Conference (GRC)**: The GRC is an annual conference in the spring semester to highlight graduate research in all fields; this a great opportunity to gain experience sharing your work in a professional setting!
- » **Research Communications Academy (RCA)**: The RCA is a free, annual program that trains faculty members, graduate students, and research-related staff to effectively communicate the power and impact of UNH scholarship with broad audiences. Space is limited, and the application period is typically mid-fall semester.

Awards + Fellowship Opportunities

The Graduate School awards a number of scholarships and fellowships to students every year. Information regarding eligibility, application, and past recipients can be found on our [Fellowships page](#).

» **Graduate School Fellowships**

- **Dissertation Year Fellowship (DYF):** Available on a competitive basis to doctoral students who meet the criteria as outlined in the terms and awarding criteria, these annual awards provide tuition coverage, a stipend, and fee waivers for the period of the award.

- **Summer Teaching Assistant Fellowship (STAF):** The Graduate School's annual competition for Summer Teaching Assistant Fellowships support research or study during the summer for individuals who have held a TA position during the current academic year and who have performed exceptionally well as a TA and as a student.

- **The deadline for both the DYF and STAF applications is typically in January.**

» **Graduate Awards**

- **The Graduate Faculty Mentor Award** honors a faculty member whose commitment to excellence in graduate student training has contributed significantly to graduate students' professional development.

- **Graduate Research/Scholarship/Creativity (GRSC) Award** recognizes graduate student research/scholarship and other creative works that represents the best overall contribution to the discipline.

- **The Graduate Teaching Award** recognizes graduate students who have demonstrated excellence in teaching.

- Typically, the deadline for both the GRSC and Teaching Award nominations is in November; the deadline for the Faculty Mentor Award is in February.

» **Travel Grants:** The Graduate School awards travel grants to students presenting their research and scholarship at professional meetings or conferences, as well as students attending professional development workshops and seminars that will enhance their research agendas.

» **UNH Fellowships Office:** This office provides information, counsel, and editorial support to students applying for national and international fellowships/scholarships.

- The UNH Fellowships Office also provides [a list of external scholarships, fellowships and other funding opportunities](#).

Diving into Community

» **For Graduate Students Specifically:**

- **First Thursday Social:** Hosted by the Graduate Student Senate, this is a monthly, casual get-together at Dover's Thirsty Moose, with the goal of fostering community among graduate students from different disciplines. Includes free pizza!
- **Read Free or Die:** This is a monthly reading at Portsmouth's Book & Bar featuring graduate students in the English Department's Master of Fine Arts Writing program. Each reading features six students sharing original poetry, fiction, and nonfiction. Free & open to all!
- **Stonewall Grads:** LGBTQ+/ally group for graduate students; meets the first Wednesday of every month.
- **Graduate Student Hikes:** Organized by Campus Rec, these monthly day-long hikes in the White Mountains are a must! \$15, transportation included.
- **Graduate Parent Support Group:** A supportive social group specifically for graduate students and post-docs who are juggling family & academic lives.
- **Graduate Student Senate Meetings:** Open to all! Attending a meeting will give you an idea of how the GSS operates and the issues they address. There is no pressure to volunteer and lunch is always provided!
- **Social events organized by the Graduate Student Senate (GSS):** In addition to First Thursdays, GSS hosts periodical gatherings such as bowling nights, outings to UNH Manchester, breakfasts, and more.

» **In the UNH Community:** Graduate students are welcome and encouraged to join any UNH student organization, as well as attend lectures, events, and performances in the UNH community (most of which are free, or at least discounted for students). The Memorial Union Building (MUB) is where most community-wide, student-oriented events occur.

- UNH Student Organizations.
- Movies in the MUB: Each weekend, the MUB shows 2-3 recent Blockbuster movies which are free for all UNH students.
- MUB Talks: Current Issues lecture series.
- UNH Museum of Art: Ongoing art exhibitions and educational programs.
- Paul Creative Arts Center: Theatre, music, and dance performances featuring UNH students and faculty as well as outside guests.

» **Athletics at UNH:** UNH has a competitive selection of men's and women's varsity teams, including basketball, soccer, football, ice hockey, volleyball, and more! Most games/matches are free and open to the public; information on tickets can be found [here](#).

Career Support + Professional Development

- » **Professional Development in the Grad School:** Ongoing workshops, seminars, & events determined by a Graduate Student Interest survey conducted annually to provide graduate students with the kind of professional support they are seeking. The programming categories include Research, Written & Oral Communication, Teaching, Career Development, Networking, and Health & Wellness.
 - **Examples Include:** Discipline-specific resume workshops, Wellness Wednesday luncheons, career panels, Meet Your Administrator luncheons, and more.

- » **Online Resources for Graduate Students:**
 - **Aurora Powered by Beyond the Professoriate:** Through the two programs of study in Aurora, students are empowered to make informed decisions about their career path and learn successful job search strategies from other PhDs. Students and postdocs access resources to help them navigate the faculty job market, and explore professional careers beyond the professoriate.
 - **Handshake:** An online platform to search and apply for jobs and internships; login with your UNH email to find discipline-specific as well as more broad opportunities.
 - **Wildcat Connections:** An exclusive online community for UNH, Wildcat Connections is the home for current students and alumni to come together to ask questions, seek guidance, coach, inspire, and share professional success. Connections lead to opportunities, and this community is designed to facilitate growth for the UNH network.

- » **UNH Career & Professional Success (CaPS):** CaPS provides professional success events, from career fairs, resume review days, and college-specific programs, as well as online tools for graduate students.

- » **UNH Professional Development & Training:** Free for graduate students, PD&T hosts over 250 one-day workshops in New Hampshire on a range of topics including leadership, management, coaching, digital design, marketing, and grant-writing. PD&T also offers short-term certificate programs, conferences/boot camps, and online courses.

- » **UNHInnovation (UNHI):** UNHI advocates for and manages the transfer of UNH-derived ideas to the public to maximize their social and economic impact. UNHI protects, promotes, and manages UNH's innovations, supports start-up companies based on UNH's intellectual property, and develops new opportunities for university and industry collaboration. UNHI also has a comfortable and spacious Entrepreneurship Center (E-Center), which is both a quiet study space and fully tech-equipped meeting space, open to all students from any college or discipline.

Around the Seacoast

- » **Wildcat Transit (free with UNH ID):** Connects across campus, as well as to neighboring towns including Dover, Newmarket, and Portsmouth.
- » **COAST bus (free with UNH ID):** For seacoast travel beyond the neighboring towns of Durham, including Exeter, Kittery, Berwick, Somersworth, Rochester, and Farmington.
- » **Travel Beyond the Seacoast**
 - AMTRAK Downeaster: Travel to Boston and beyond from Durham.
 - Boston Logan International Airport.
 - Manchester-Boston Regional Airport.
 - C&J Bus: Travel from Dover/Portsmouth to Newburyport, Boston (including the airport!), and beyond.
- » **Portsmouth Music Hall:** A vibrant cultural and community hub in Portsmouth with whom UNH has held a long-standing partnership. UNH students can enjoy free art house films and documentaries here with their UNH ID, as well as receive discounts for concerts and events.
- » **Museum of Fine Arts Boston:** Free with UNH ID.
- » **Kanopy:** Video streaming service freely accessible with UNH login, including films, documentaries, and educational materials.
- » **Local Farmer's Markets:** Don't miss their winter markets in the Wentworth Greenhouses--a great way to clear the winter blues!
- » **Local spots to checkout:**
 - Dover: Flight Coffee, Adelle's Coffeeshouse, Chapel + Main Restaurant + Brewery, Tokens Taproom, Sonny's Tavern, Dover Public Library, Ember Woodfired Grill, Thirsty Moose Taphouse, The Brickhouse, Garrison City, Wrong Brain, Avalon North
 - Newmarket: Horseshoe Cafe, Crackskulls Coffee + Books, the Stone Church, Newmarket Public Library
 - Portsmouth: 3S Artspace, Press Room, Book & Bar, Green Elephant, the Wilder, White Heron Coffee & Tea, Barrio, Portsmouth Public Library
 - Calendar of public events happening on the Seacoast

Teaching Support

» **Center for Excellence and Innovation in Teaching and Learning (CEITL):**

CEITL offers a rich collection of resources, information, and expertise to support the university's mission of enhancing student learning through the continual improvement of teaching.

▪ Cognate in College Teaching: Offered by the Graduate School + CEITL, this is a thirteen-credit graduate program designed to enhance the effectiveness of college teaching.

» **Graduate Teaching Community:** Monthly community meetings for graduate students who are TA's or interested in teaching.

» **Customized Graduate Courses for Teachers:** Academic departments provide various sponsorships to help the Graduate School support customized learning opportunities for K-12 educators. These opportunities earn graduate coursework credit for grad students, who also receive individualized mentoring developed according to their schools' unique needs. Specialized graduate courses provide classroom teachers with a balanced learning experience; in addition to group instruction, participants also have the benefit of one-on-one classroom coaching.

» **Teaching and Classroom Support from UNH Library:**

▪ Course Reserves: Services and submission instructions for course reserves.

▪ Copyright Guidelines: Guidelines about copying and links to additional info.

▪ Research Guides: See if a guide already exists for your course or subject; if not, contact a librarian to discuss creating a guide.

▪ Parker Media Lab: Supports efforts to integrate media into teaching and learning with expertise, equipment, and workspace for working with multimedia projects.

▪ Open Educational Resources (OER): Incorporating OER into coursework can increase student learning by providing immediate access to high-quality customizable learning materials at no -or low- cost to students.

▪ Academic Technology: AT Support Center is located on the Main Floor (Level 3) of Dimond Library.

Self-Care Resources

These resources are available to the entire UNH community, including graduate students who have paid their mandatory fees. Each of these offices has their own events & programming, all of which graduate students are welcome and encouraged to attend.

- » **Health & Wellness:** Health & Wellness (which includes [Living Well Services](#)) provides medical care, lab, radiology, and pharmacy services, as well as health and wellness promotion, education and wellness coaching/counseling (e.g., stress, sleep, substance use, well-being, nutrition, etc.); free light therapy and biofeedback; [massage therapy](#) (student price: \$45 for 50-minute massage).
 - [Student Health Benefits Plan](#): All full-time graduate students and undergraduate degree students are eligible for coverage; assistantships include full coverage.
 - Ongoing Programs: [Mindfulness & Meditation](#), Paws & Relax, What's Cooking? Classes, Yoga Nidra Workshops, Napercise, Walking for Wellness.
 - Special Events Include: Wellness Fest, Sextober education programs, Flu Clinic, STI Clinic, Body Monologues, Great American Smokeout, and Sleep Expo.

- » **Psychological & Counseling Services (PACS):** Short-term individual, group, and couples counseling; no person is turned away in an emergency!
 - Graduate Student Support Group: Find support from other grad students while learning strategies to manage stress and deal with the challenges of graduate school. Meets weekly each semester.

- » **[Sexual Harassment and Rape Prevention Program \(SHARPP\)](#)**

- » **Campus Recreation:** [Hamel Recreation Center](#), [Group Exercise](#), [Outdoor Adventures](#) (including Grad Student-only day hikes!), and [Intramural Sports](#)
 - UNH owns many properties with trails perfect for walking, running, and biking, including [College Woods](#), [East Foss Farm](#), [Kingman Farm](#), [Mendum's Pond](#), [Thompson Farm](#), and [West Foss Farm](#).

- » **Dining Services + Food Resources**
 - [Swipe It Forward](#) meal donation program: Request meal swipes confidentially.
 - Food pantries in Durham: [Waysmeet Cornucopia](#) + [St. Thomas Moore](#).

- » **Housing:**
 - On-Campus Housing for Graduate Students: [Babcock Hall](#).
 - Off-campus in Durham: [The Lodges at West Edge](#), [The Cottages of Durham](#).
 - Many students also find housing in neighboring towns like Dover, Newmarket, and Portsmouth, all of which are accessible with Wildcat Transit.