**Gainesville 101**

* **Do’s and Don’ts of Campus Parking**
	+ Do:
		- Arrive with extra time in case you need to search for a spot
		- Become familiar with each type of decal (Red, Orange, Green, etc.) and know where each zone is located. You can find this on the UF Parking and Transportation website (http://parking.ufl.edu/).
		- Become familiar with dates in which parking restrictions are under special circumstances - Lifted restrictions over holidays and breaks and increased restrictions on football game days (you can’t have your car in the commuter lot on game days).
	+ Don’t:
		- Back into commuter lot spots – you will get a ticket
		- Park with your tire on the white line – you will get a ticket
	+ Other:
		- Parking is available in 45-minute, 2 hour, and All Day intervals – for a fee.
* **Where to Find Important Offices**
	+ DMV: Three offices (http://www.alachuacollector.com/)
		- 3837 Windmeadows Blvd (SW Gainesville, by 75 on Archer)
		- 5801 NW 34th Blvd (NW Gainesville, north on 13th Street)
		- 12 SE 1st Street (Downtown, by Bo Diddley Plaza)
	+ Closest Post Offices:
		- 1600 Archer Road (inside of Shands/Communicore building)
		- 1630 NW 1st Avenue (in Midtown)
		- 4600 SW 34th Street (on 34th going toward Williston and 75)
		- 4111 NW 16th Blvd (off of 43rd Street in Millhopper)
	+ Police Station:
		- Gainesville Police Department: 545 NW 8th Avenue (going toward downtown) (http://www.gainesvillepd.org/)
		- UF Police Department: on the corner of Museum Road and Newell Drive (https://police.ufl.edu/)
* **Facebook Groups**
	+ UF Ride Board: find and offer rides to/from other UF students (https://www.facebook.com/groups/154188317997936/?ref=br\_rs)
	+ Buy/Sell pages:
		- Free & For Sale (https://www.facebook.com/groups/386949108003579/?ref=br\_rs)
		- Gainesville – Buy, Sell, Trade (https://www.facebook.com/groups/925903397491309/?ref=br\_rs)
		- Swip Swap Gainesville, FL (https://www.facebook.com/groups/470039263014748/about/)
		- UF Textbook Exchange (https://www.facebook.com/groups/2326687785/?ref=br\_rs)
		- UF Student Football Ticket Exchange (https://www.facebook.com/groups/226245937423368/?ref=br\_rs)
	+ Class of “xxxx” Page – General posts from other students in a certain class year (usually for underclassmen, but some schools and departments have their own pages)
	+ UF Alert (https://www.facebook.com/ufalert/?ref=br\_rs), Gainesville Police Department (https://www.facebook.com/GainesvillePolice/?ref=br\_rs), UFPD (https://www.facebook.com/UFPublicSafety/?ref=br\_rs)
	+ Gainesville Word of Mouth –General posts/discussions about the area (<https://www.facebook.com/groups/gainesvilleword/>)
* **Fun Destinations**
	+ Devil’s Millhopper Geological State Park (4732 Millhopper Rd, Gainesville, FL 32653)
	+ Florida Museum of Natural History and Butterfly Rainforest/Harn Museum of Art (3215 Hull Rd, Gainesville, FL 32611)
	+ Kanapaha Botanical Gardens (4700 SW 58th Dr, Gainesville, FL 32608)
	+ Ichetucknee Springs State Park (12087 Southwest, US-27, Fort White, FL 32038)
	+ Santa Fe College Teaching Zoo (3000 Northwest 83rd Street, Building Z, Gainesville, FL 32606)
	+ UF Bat Houses – visit at sunset to see the bats (Off Museum Road by Lake Alice)
	+ Paynes Prarie Preserve State Park (100 Savannah Blvd, Micanopy, FL 32667)
	+ Swamp Head Brewery (3650 SW 42 Ave, Gainesville, FL 32608)
	+ First Magnitude Brewery (1220 SE Veitch St, Gainesville, FL 32601)

**Master’s Program Success**

* **Activities/Resources for Graduate Students**
	+ **Academic resources:**
		- UF Teaching Center – workshops, online resources, assessments (learning styles, study skills, etc.) (https://teachingcenter.ufl.edu/)
		- Places to study on campus: (http://www.ufl.edu/academics/libraries/)
			* Library West
			* Marston Science Library
			* Architecture and Fine Arts Library
			* Education Library
			* Smathers Library
			* Health Science Library
		- UF Writing Studio (Tigert Hall and Library West) – workshops for graduate students, one-on-one help, online tutorials (https://writing.ufl.edu/writing-studio/)
		- Public Speaking Lab (Rolfs Hall) – feedback, guidance, help with speech anxiety, etc. (http://cwoc.ufl.edu/2013/08/30/public-speaking-lab/)
		- Disability Resource Center (Reid Hall) – accommodation letters and special testing (https://drc.dso.ufl.edu/)
	+ **Recreational activities:**
		- Gyms: Southwest and Student Rec (http://recsports.ufl.edu/locations/southwest-recreation-center)
			* Free weekly classes (yoga, cycling, total body, etc.)
			* Free bike repair station at Southwest
			* Intramural sports and clubs
			* Fitness assessments and nutritional services
			* For a fee – bootcamps, group fitness, massage therapy, personal training
		- Outdoor locations:
			* Florida Pool
			* O’Connell Center Pool
			* Broward Outdoor Recreation Complex
			* Lake Wauberg (kayaking, sailing, rock climbing, etc.) (http://recsports.ufl.edu/outdoors-adventure/lake-wauburg)
			* Sand volleyball, tennis, basketball, baseball, other fields throughout campus
		- TRIP – outdoor and wilderness excursions (for a fee) (http://recsports.ufl.edu/outdoors-adventure/core/trip)
			* Ranging from day adventures (local paddleboard yoga) to week/weekend trips to various locations in and out of state (hiking in North Carolina)
	+ **Counseling and Wellness Center**
		- Main office located on Radio Road (some resources available at Peabody Hall) (https://counseling.ufl.edu/)
		- Online resources
		- In-person services:
			* Groups/workshops
			* Alcohol/drug counseling
			* Individual counseling
			* Couples counseling
			* Testing
			* Psychiatry
		- Mind and Body Center (Peabody) (https://counseling.ufl.edu/resources/mbc/)
			* Meditation, biofeedback, neurofeedback, virtual reality, movement activities
		- Biofeedback lab to combat stress/anxiety (Radio Road)
			* Self-guided, blended biofeedback therapy
			* Massage chairs
	+ **Career Resource Center (Reitz Union) (https://career.ufl.edu/)**
		- Free professional headshots
		- Gator Career Closet – borrow professional clothes for free
		- Practice Interviews
		- Assistance with resumes, personal statements, etc.
		- Career fairs
		- General counseling for career opportunities
		- Workshops for academic/professional success
	+ **International Center (The Hub) (https://internationalcenter.ufl.edu/)**
		- Advice and guidance with:
			* Processing federal forms, immigration compliance, visa status maintenance, employment eligibility, etc.
		- Study abroad opportunities
		- Workshops and groups (mentor/mentee programs)
	+ **Reitz Union Leisure Courses (for a fee) (https://leisure.union.ufl.edu/#/)**
		- Examples include: archery, ballroom dancing, ballet, horsemanship, hula dance, pasta and sauce cooking, wine tasting, etc.

**Funding Sources**

* GSC Travel Grants
	+ Website: <http://ufgsc.org/index.html>
	+ Covers out-of-pocket expenses up to $350 that are not covered by other funding sources
	+ Two types of awards:
		- Professional development (attending a conference without presenting, study abroad, etc.)
		- Conference presentation
	+ The best way to ensure that you will receive a grant is to come to a grants review meeting BEFORE you apply so you know what is being looked for.
		- ufgsc.org
		- gsc.sg.ufl.edu/
* UF Center for European Studies Travel Grants
	+ Website: <http://ces.ufl.edu/fellowships-2/student-fellowships/graduate-student-travel-grants/>
	+ $1500 awards for graduate students who are traveling to Europe for research or to present at a conference or workshop
	+ Deadline to apply is in the Spring
* NSF Graduate Research Fellowship
	+ Website: [https://www.nsfgrfp.org](https://www.nsfgrfp.org/)
	+ STEM disciplines only
	+ Research project must fall within the scope of the NSF (i.e., non-medical)
	+ Application deadline is in late October
* Employment at UF
	+ Go to [jobs.ufl.edu](https://jobs.ufl.edu/) to see what employment opportunities are available on campus
* Graduate Assistantships
	+ More information available at the [Graduate School website](http://graduateschool.ufl.edu/prospective-students/funding/graduate-assistantships/)
	+ Advantages:
		- Tuition waver
		- Stipend
		- Benefits (health insurance and sick leave)
	+ Sometimes available to Master’s student through your academic program
	+ Deadline to apply is February 15, unless otherwise specified by your program
* UF Libraries’ Grants and Fellowships Opportunities LibGuide
	+ Website: [guides.uflib.ufl.edu/funding](http://guides.uflib.ufl.edu/funding)
	+ Contains a trove of information about funding opportunities for students, including:
		- Links to databases that contain information about different types of awards
		- Guides on how to write a grant
		- Books that explain different ways to effectively write grant proposals and how to find funding
		- A list of funding opportunities for humanities disciplines (including international students)

**Time Management Strategies**

* Use an electronic calendar for reminders about deadlines and meetings
* For many graduate courses, assignments are few, but require a greater amount of effort and time to complete relative to undergraduate classes
* For those who are looking for some guidance on how to improve your time management skills, GatorWell has an [online resource](file:///Users/mattdiller/Library/Containers/com.apple.mail/Data/Library/Mail%20Downloads/31F90E4C-5EFC-47DA-81B5-E08B5454D32B/o%09http%3A/gatorwell.ufsa.ufl.edu/health_topic/time_management)
* Everything will probably take 3 times longer than you expected, especially when it comes to writing
* Make a plan (daily, weekly, and monthly plans)
	+ Make smaller sub-goals for big tasks
	+ If you’re a list maker, make lists
* Have a dedicate ‘phones free’ period to get some work done (It’ll be easier if you don’t continue to scroll facebook)
* Set specific times for work and times for play. Keeping them separate helps.

**Summer Internship/research Opportunities**

* Career Showcase
	+ Website: <https://career.ufl.edu/students/events-and-programs/career-showcase/>
	+ Offers students the ability to meet with potential employers from a wide array of disciplines for internship or future employment opportunities
	+ September 25 and 26, 2018 (also in the Spring)
	+ Visit the CRC website for more information on Career Showcase and how to prepare for it
* Summer Job and Internship Fair
	+ Website: <https://career.ufl.edu/students/events-and-programs/summer-job-fair/>
	+ Occurs in the Spring
* Internships: Check your college or department’s website or with an academic advisor

**Opportunities to Apply to PhD**

* UF Graduate Catalog has a list of all 250+ graduate degree programs at UF
	+ Website: <http://gradcatalog.ufl.edu/content.php?catoid=11&navoid=2476>
* Deadline to apply is usually determined by individual academic units, but usually it’s in the early spring