**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:/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