



September 23, 2024

This weekly newsletter from the UH Graduate School contains important information for graduate and professional students. Each week, new items are in **red**.

Becoming a Resilient Scientist (Starts today): Biomedical research has many rewards as well as challenges and frustrations. [Sharon Milgram, PhD](#) (Director of the NIH Office of Intramural Training and Education) has developed the [Becoming a Resilient Scientist](#) online series to provide trainees with the resilience tools needed to study and work in high-knowledge environments. Learn to develop well-being, assertiveness, and feedback skills with the goal of improved relationships in research groups and beyond. In addition to the series, the Gulf Coast Consortia (GCC) is sponsoring an inter-institutional small group online discussion led by [Sara Dann, PhD](#) (UTMB) to dig deeper into the challenges unique to our community. See attached flyer.

1. [REGISTER HERE](#) to attend the NIH 5-week series online beginning Monday, Sept 23, 2-3:30pm.
2. Optional: [REGISTER HERE](#) to join our online local discussion group beginning Thursday, Sept 26, 11:30-1:00pm.
3. Attend all 5 NIH lectures and participate in at least 4 discussion groups and receive an NIH Certificate of Completion!

Graduate Student Welcome: Remix Edition

Thank you to everyone who joined us for the Graduate Student Welcome event at Bates Law! Your enthusiasm was incredible, and we're thrilled by the turnout. We apologize for running out so quickly, but we've got great news! We're hosting another event to distribute lunch boxes, with priority given to those who missed out on September 5th.

Date/Time: October 3, 11:00 am – 1:00 pm

Location: Bates Law, Ground level

Don't miss out— **Register [HERE](#) for your box lunch**. Registration is open until September 25th and is capped at 400, so secure your spot today! We can't wait to see you there!

Grad(graduate) Student Group (from CAPS)

The Grad group is a process-oriented group with a focus on helping graduate students process their unique and collective experiences. This group is a good fit for those who struggle with interpersonal concerns, isolation, anxiety, or feelings of being overwhelmed due to the rigor of graduate academics and obligations. Individuals who participate in this group can expect to be engaged in open dialogue that serves to connect, increase understanding, and self-awareness. This group does not have a specific topic of discussion. Thus, the participants are encouraged to honor their goals and to highlight the important aspects of their graduate journey. **Criteria:** Currently enrolled UH graduate student. **To be held weekly**

on Thursdays from 5-6:30 pm at CAPS Health 2 location. Students must attend an Access Visit to sign up for this group. For more information: <https://www.uh.edu/caps/services/access-visit/>

3MT Info Session: Getting Started with your 3MT Presentation (Virtual Info Session): The UH Graduate School will hold an info session for the [UH 2024 3-Minute Thesis or 3MT competition](#). In a 3MT competition, graduate students explain their research to a non-specialist audience in just three minutes. Besides the time limitation, students are also limited to a single static PowerPoint slide with no additional electronic media or props. All 3MT finalists receive a scholarship award! Register [here](#) to learn more. The session will be recorded and all registrants will receive a link to access the presentation.

Date/time: Thursday, October 3, 12-1:15 pm

Quick links to resources:

[Coogs Care](#)

[Cougar Cupboard](#)

[Counseling and Psychological Services \(CAPS\)](#)

[University Career Services](#)

[Graduate Student Ombuds](#)

Go COOGS!