

HOW TO BE A SUCCESSFUL ALUMNI

Graduate school years are unquestionably a stressful and anxiety-inducing time in a person's life. Academic stresses, family and work pressures, and the urge to balance them all are all present. We are aware of how much more challenging everything becomes now that you are earning your degree online. Here are some suggestions to help you strike a balance:

01 SEEK FOR THE HELP AND DIRECTION OF OLDER POSTGRADUATES IN YOUR FIELD

These students have gone before you, thus they undoubtedly know all about departmental affairs. They can provide you tips on how to finish your programme successfully as well as help you get ready for the preliminary exams. Your program's instructors can put you in touch with them.

02 BE CONFIDENT AND LOOK FOR OPPORTUNITIES

If you don't let your classmates and professors know what interests you, they won't know! It is completely fine for you to discuss your future aspirations frequently with other students and faculty members and to ask how they might support you on this path. Do they know anyone? Can they recommend someone who could help you with your work? Can they include you in a study that could help you advance your career?

03 OBSERVE EACH SUCCESS WITH JOY

In graduate school, it is simple to forget to enjoy the significant task you just finished because you are so preoccupied with the next assignment. Do you really want to delay until graduation to celebrate since you will be in this programme for a number of years? Celebrate finishing the first year. Celebrate finishing your exams. Happy first publication! You see what I mean.

04 SEEK FOR THE HELP AND DIRECTION OF OLDER POSTGRADUATES IN YOUR FIELD

Graduate students frequently develop the bad habit of putting their studies before anything else in their lives. Does this ring a bell? While I would dearly love to participate in that programme, I do not have the time since we are delaying having a child until I complete graduate school. Is there ever truly a right moment to carry out any task? Prior to starting graduate school, there were tasks that were significant to you; keep making those things a priority. You may not be able to devote as much time to some things as you once did, but balance is important in life. Maintaining your relationships while in college or university is very crucial. To finish your degree effectively, you will require a lot of assistance. Avoid letting your studies consume you to the point where you disregard your partner, friends, and family.

HOW TO BE A SUCCESSFUL ALUMNI (CONT.)



05 GET MOVING

One of the best methods to deal with stress, worry, and sadness is through exercise. With just 30 minutes a day, you can achieve incredible results including better sleep, improved mood and energy levels, weight control, and protection against illnesses and ailments. Utilize any neighbourhood parks and fitness facilities that are available. There are numerous walking and biking trails, as well as breathtaking outdoor landscapes, in Athens. You don't need to devote much, but you'd be astonished at how much of a difference a regular 30-minute stroll can make.

Graduate students frequently experience feelings of inadequacy, incapacity, and alienation. It's not just you who has these feelings. It is normal for you to feel criticized and to constantly doubt yourself because there is probably never another period in your life when you will be subjected to such intense scrutiny and evaluation. Without proper control, these emotions can, however, develop into serious sadness and anxiety symptoms, which could affect your performance. The imposter problem is also prevalent among graduate students. The imposter phenomenon is characterized by the false belief that your achievements are the result of luck or other uncontrollable factors. The idea that you have deceived people into thinking highly of you and that you will soon be revealed as a phoney is another. It could be a good idea for you to speak with a therapist who can help you make sense of your sentiments if you feel that any of these emotions have grown out of control or are interfering with your ability to get things done.

06 DON'T ASSUME YOU ARE BY YOURSELF.

