

References:

McMillan, W., Lowther, M., & Bak, N. (2002). *The Post-Graduate Student's Survival Guide* [eBook version]. Cape Town: University of Western Cape. Retrieved from <https://www.uwc.ac.za/Students/Postgraduate/Documents/Survival%20Guide.pdf>

Student Counselling and Development Service (2015). *Wellness for Postgraduates* [Brochure]. Hong Kong: The Chinese University of Hong Kong.



Seeking Professional Help

The University provides counseling services for undergraduate and postgraduate students. You may check out our Counselors' profiles on our webpage and make an appointment with them online. Three weeks' advance booking is allowed. All personal information and details shared and discussed in counseling or therapy sessions are strictly confidential.

Counseling and Wellness Center

Room 5003 (via lift 3) <http://counsel.ust.hk>
Email: counsel@ust.hk Tel: (852) 2358 6696

24/7 HEARing: (852) 8208 2688

This is a helpline exclusively for all HKUST students. Counselors are from Christian Family Service Centre.



Meet Our Counselors

Get Ready For Your Journey To The Graduate School



WELCOME
THE GRADUATE SCHOOL

Graduate school must be an exciting new journey for you. It is a transitional period for you to build on your future. There are some challenges ahead and each challenge takes some understanding and preparation. Here are some guidelines for the new journey.



香港科技大學 學生輔導中心
COUNSELING AND WELLNESS CENTER
THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY

Take care of yourself

"Health is wealth." Physical well-being is the basic element of a productive school life, especially in your busy days with classes, experiments, research, and other duties.

- **Develop a routine** for your daily life.
- **Manage your schedule.** Set priorities and leave some flexibility for unexpected arrangement.
- **Leave time for rest.** Work smart by taking breaks and joining various activities.
- **Search for motivation and positivity.** The path to academic progress can be uncertain and slow yourself for little achievements. Count your strengths and blessings daily.

Managing your expectations

Graduate school is a unique experience for you. You will have multiple roles as a student, a researcher, a teaching assistant, and perhaps still some others. Your expectations may need to be adjusted from time to time.

- **Accept your limitations.** Graduate school measures independence and creativity more than grades. You may not be able to achieve the best performance in every aspect.
- **Have realistic expectations.** In the research work, high expectations may turn out to be high frustrations. Focus on current task and each step, reflect on your progress and adjust your expectations regularly.
- **Value your effort rather than results.** You may lose your confidence if you assess yourself only on the results. Try to value your effort, and keep going towards the ultimate goal.
- **Focus on your own progress.** Peer comparison is unfair and unnecessary, and may lead to more frustrations only.



Take care of your relationships

Relationships can help make your life happier and healthier. Building a supporting network is helpful.

- **Stay involved.** The University offers lots of opportunities to reach out. Look for interested activities and put them in your schedule.
- **"Manage" the supervisor.** Styles of supervisors differ a lot. Different supervisors have different requirements on working hours, progress measurements, report styles for results, and degree of academic independence. Try to understand the supervisor's requirements, reflect on your own needs, expect constructive criticisms, prepare questions or concerns, and discuss short and long term goals with your supervisor.
- **Find companions.** A new social network can keep you motivated. Be the proactive one. Take the chance to meet and connect with others.
- **Set boundaries.** Relationships can bring stress. If you find yourself driven by others' needs, allow yourself to say no, even at the cost of redefining or terminating the relationship. Set your bottom line, and negotiate for a solution.
- **Enjoy solitude.** Plan for some time alone and arrange little things to recharge yourself.



Seek support

During the transition into graduate school, you may experience some challenges. Allow yourself some time to adjust and seek support along the way.

- Department and school staff, academic advisors, course instructors, PG coordinators, and the Dean are good resources and a third opinion.
- University Office of Postgraduate Studies. This office offers advices on different aspects of your graduate school life. Reach them at 2358 7593 or pgso@ust.hk for your enquiries.
- PG hall of the Student Housing and Residential Life Office. If you have concerns about your residence, contact 2358 6664 or pghousing@ust.hk.
- Dean of Students' Office. Under this Office, there are different service units focusing on different areas of your campus life. You may visit this website for more information: <https://dst.ust.hk/>