



## GEM Grad Lab

Saturday, April 1, 2023

8:00 am – 3:45 pm

University of Rochester Campus

*Parking: Intercampus Lot Zone 1 South*

### Saturday, April 1, 2023

9:00AM – 10:00AM	<p><b>Arrival &amp; Registration</b>  Rush Rhees Library, Hawkins-Carlson Room  755 Library Road, Rochester, NY 14627</p> <p>Coffee &amp; breakfast refreshments will be available</p>
10:00AM – 10:10AM	<p><b>University of Rochester Welcome</b>  Rush Rhees Library, Hawkins-Carlson Room</p>
10:10AM – 11:00AM	<p><b>Why Graduate School?</b>  Dr. Howard G. Adams  Rush Rhees Library, Hawkins-Carlson Room</p> <p>If you thought PhDs were simply for those wanting to become professors or that you couldn't afford graduate school, think again. This session is designed to break some of the common myths about pursuing an advanced degree and set you on course to achieving your fullest potential.</p>
11:00AM – 11:50AM	<p><b>How to Competitively Apply to Graduate School</b>  Rush Rhees Library, Hawkins-Carlson Room</p> <p>Learn the tips and tricks associated with preparing for a graduate degree from the experts. Learn how to make your application stand out above others as well as how to position yourself to be seriously considered by many of the prestigious academic institutions in the country.</p>
11:50AM - 12:00PM	<p><b>Imposter Syndrome Presentation</b>  Rush Rhees Library, Hawkins-Carlson Room</p> <p>As a first-generation college student, graduate school can feel overwhelming. First-gen students often encounter higher levels of anxiety, stress, and the feeling that they are not accomplished or smart enough to be in grad school. This workshop will provide some strategies for overcoming these feelings.</p>

12:00PM – 1:30PM	<p><b>Lunch &amp; Graduate Academic Fair</b>  Fair: Rush Rhees Library, Humanities Center Conference Room D  Lunch: Wilson Commons, Hirst Lounge</p> <p>Enjoy lunch and discover graduate school programs that might be right for you. Visit with co- hosting institutions to be entered to win a prize!</p>
1:30PM – 2:30PM	<p><b>How to Fund Graduate School</b>  Rush Rhees Library, Hawkins-Carlson Room</p> <p>Hear about all the different fellowship programs, including GEM that you can apply for and ensure that you can pursue your graduate degree for FREE!</p>
2:30PM – 3:30PM	<p><b>Voices from the Field: Graduate Student Panel</b>  Rush Rhees Library, Hawkins-Carlson Room</p> <p>As the saying goes, “you can’t be what you can’t see.” Hear stories from GEM alums who have successfully attained advanced degrees and gone on to very successful careers.</p>
3:30PM – 3:45PM	<p><b>Closing/Raffles</b>  Rush Rhees Library, Hawkins-Carlson Room</p>
3:45PM- 5:00PM	<p><b>Optional Campus Tour</b></p>

## Sponsored by:

**BINGHAMTON UNIVERSITY**

THOMAS J. WATSON  
COLLEGE OF ENGINEERING  
AND APPLIED SCIENCE

**RIT**



**Rensselaer**



**UNIVERSITY  
AT ALBANY**

State University of New York

**UB University  
at Buffalo**

The State University of New York



UNIVERSITY of  
**ROCHESTER**