

# Being Triumphant in Graduate School: *Tips and Tricks of the Trade*

- Take time to work on you
- Build on your strengths, remember often what you are good at most.
- Tune into those things that lift you up.
- Be accountable, take responsibility for your actions.
- Create a study plan or a schedule and stick to it.
- Ask for help!
- Take a break!
- Remember to breathe.

And finally, practice mindfulness.

Studies demonstrate reduced anxiety and heart rate through participation in mindfulness activities.

By facing stressful situations, students are better able to cope with stressors related to higher education. Avoiding stressors increases the likelihood of a stressful impact.

Retrieved from:

<http://search.proquest.com/docview/213069697?accountid=10771>

This & That for  
Graduate Success



SCHOOL of  
GRADUATE STUDIES

EAST TENNESSEE STATE UNIVERSITY



May 2017  
Deanna Heath &  
Jennifer Savery  
Sherrod Library, 462  
423-439-7062  
[gradsuccess@etsu.edu](mailto:gradsuccess@etsu.edu)

