

## Top 5 Graduate Student Tips Written by Graduate Students

1. Arrive to Victoria early
2. Get to know your campus
3. Get to know your city
4. Be sure to take time for you
5. Take advantage of the many opportunities of graduate school

### Tip #1: Arrive to Victoria Early

There are a lot of tasks to do before school even starts in September, so it's best to arrive in Victoria early. Although on an island, Victoria is easily accessible by either plane or ferry. BC Ferries schedules can be found on their [website](#) and information about the [Victoria International Airport](#) is easily accessible as well. There are a number of ways to find a home in Victoria as well. Try checking either The [University of Victoria's off-campus housing](#) site, or on [Craig's List](#).

### Tip #2: Get to Know your Campus!

It can be a little intimidating to arrive to a new university for the first time. Below is a list of resources to help you navigate your way around the University of Victoria campus.

- **Campus Map:** Find your way around campus by downloading a [3D map](#)
- **Campus tour:** Offered by **UVIC Student Transition Centre** (campus tour for new graduate students at the beginning of each semester)

#### **Resources to help you complete your graduate degree:**

[Master's and PhD Checklist for completing your degree](#)

#### **Thesis and Dissertation templates and guides:**

[Thesis guide](#)

[Thesis Template](#)

#### **Information about your course requirements:**

Visit the website of [School of Exercise Science, Physical and Health Education](#)

Graduate Adviser: [Dr. Frederick \(Rick\) I. Bell](#)

Graduate Secretary: [Rebecca Zammit](#)

#### **Other resources:**

- **On-Campus Support Resources**
  - UVic [Health Services](#)
  - UVic [Counselling Services](#)
  - UVic [Interfaith Services](#)
- UVIC [Graduate Students' Society](#)
- UVIC [Student Union Building](#)
- UVIC [Faculty of Graduate Studies](#)

### **Tip # 3: Get to Know Your City!**

Since you are going to be here for the next couple of years, make sure you take advantage of what Victoria has to offer! You can do something fun every night of the week!

- **On-Campus Events:** If you don't want to leave campus just yet, check out the UVic [calendar of events](#) for concerts, guest lecturers, and campus-wide events!
- **City of Victoria:** Welcome to VICTORIA! You live in a beautiful city that offers endless opportunities to have fun and enjoy the west coast! Even if you don't have a car, you can easily get to Victoria Hot Spots by using the [public transit](#) system.
  - **Tourism Victoria:** For a list of all the upcoming events in the city, check out the [Tourism Victoria](#)
  - **Hiking and Walking Trails:** If you like getting outside and walking then Victoria is the place for you! Choose from several [walking trails](#) that range in difficulty from mild to moderate intensity! If [hiking](#) is more your style, then be sure to check out Mt. Finlayson, the West Coast Trail, the Juan de Fuca Trail or Thetis Lake. Hiking in Victoria can be an afternoon or a full-week, so plan ahead!
  - **Beaches:** The best part about living in Victoria is the moderate climate. You can spend a day at the beach throwing a Frisbee or reading in February! Be sure to visit all the beautiful [beach locations](#) around Victoria.
  - **Restaurants and Places to Dine:** There is something to eat for everyone in Victoria. The hard part is choosing the [best place to eat](#). Enjoy a delicious [breakfast](#), or an eclectic [lunch](#), or a savory [dinner](#). For those who have a [sweet tooth](#) be sure to indulge once in a while! If you are looking for a [night out on the town](#) there is everything from dancing to pub crawls to live music!
- **BC Attractions**
  - If you are looking for an affordable getaway, be sure to check out the [Gulf Islands](#) and visit the Saltspring market or Pender Island beaches!

- For those seeking a wild adventure like ziplining or [tree top adventures](#) then be sure to head out to Sooke or Nanaimo for a fun-filled day!
- If you want to get over to the mainland for a hockey game or a shopping trip, then be sure to visit the [Tourism Vancouver website](#).

### **Tip #4: Be Sure to Take Time for You!**

Graduate work is a very rewarding experience, but it can get a little stressful at times! Here are some resources to help you lead a balanced, healthy lifestyle while completing your education.

- **Mental and Emotional Wellbeing:** For a mental break from school, be sure to check out these diverse yoga studios for a full mind and body workout!
  - [The Yoga Shala](#)
  - [Bikram's Yoga](#)
  - [Moksha Yoga](#)
  - [Hemma Yoga Studio and Acupuncture](#)
- **Holistic Medicine and Healing Services:** These alternative choices may help you achieve a balanced lifestyle while not emptying your pocket book!
  - [Vancouver Island Naturopathic Clinic](#)
  - [Active Health and Wellness Clinic](#)
- **Recreation Centres:** These offer great facilities (including gyms, skating rinks and pools) at low prices.
  - [City of Victoria Recreation](#)
  - [Saanich Recreation](#)
  - [Recreation Oak Bay](#)
- **Sense of Belongings:** In our lab, we have social events from time to time. It will give you opportunities to get to know your lab mates, which can grow into great friendships! Be sure to join our social events!

### **Tip #5: Take Advantage of the Many Opportunities of Graduate School**

As graduate students, there are a number of opportunities that are made available. Whether you want to gain teaching experience, attend conferences, publish in scholarly journals, or work as a research assistant, they are available to you at grad school. For information about teaching assistant and lab instructor positions, visit the [employment site](#) for the School of Exercise Science, Physical and Health Education. There are a number of conferences for which you can submit abstracts and number opportunities to publish work. Talk to Dr. Rhodes about these possibilities as well as employment opportunities within the Behavioural Medicine Lab.