

# Tips for Surviving Graduate School



California State University  
**MONTEREY BAY**  
Personal Growth & Counseling Center



## Make yourself a priority

Your mental wellbeing is essential to success

Staying hydrated, getting restful sleep & eating regularly supports focus, learning, retention & strengthens stress management

## Focus on more than just grades

While there is a minimum GPA requirement for earning your graduate degree, be aware of your perfectionist tendencies.

Is earning that perfect score worth the extra stress? Does it negatively impact your career advancement? If not, aim to focus on gaining skills & knowledge.

## Get connected

Make connections with classmates & professors



This creates a support network while in school and you're developing relationships with future colleagues & employers

## Read smarter, not harder

Read with a purpose

Notice how readings are organized: Headers, chapter titles & bullet points guide you to important content



## Ask for help

(even if you don't think you need it)

The **Personal Growth & Counseling Center** (PGCC) is available to assist you with mental health challenges, relational concerns, stress management & more.

Classmates & professors can help with understanding assignments & course content

For more information on PGCC services:

