

Setting Goals, Broadening Your Vision & Growing Your Mindset:

- **“Setting Career Goals When You Feel Overwhelmed”**
A research-backed guide to growth mindset goal-setting during stressful times.
[Read article](#)
- **“Fixed vs Growth Mindsets: What I wish I knew before entering grad school”**
Why treating intelligence as flexible helps you recover faster from tough feedback.
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- **“The Power of Reflection and Intentionality: Reflection is a critical career-planning skill to cultivate while in graduate school and beyond, Lauren Lyon and Amruta Inamdar write.”**
Shows how a weekly 5-minute review keeps long-term goals from drifting off-course.
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- **“Grad Students Must Focus on the 6 P’s: By focusing on purpose, priorities, purse, positioning, politics and people, you can develop a strategic approach to your work, advises Dinuka Gunaratne.”**
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- **“Revisiting Mindset”**
When you read Carol Dweck’s examples, you may see bits of yourself in them—and be displeased enough to want to change, writes Rachel Toor.
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- **“Speaking of Psychology: Can a growth mindset help students achieve their potential? With David Yeager, PhD”**
How a Growth Mindset Transforms Your Achievement.
[Listen to podcast](#)
- **“Students and Research Mentors Can Navigate Career Conversations Together”**
Raquel Y. Salinas offers advice for graduate students and research mentors on how to have better conversations about career planning.
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Motivation & Resilience in the Face of Challenges and Change

- **“Best practice: Developing resilience and overcoming imposter syndrome”**
Go From Self-Doubt to Self-Confidence: Strategies for Graduate Success.
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- **“Mental Health and Career Transitions”**
Grad students and postdocs about to embark on a job search can sustain their well-being by

taking a holistic approach, write Pallavi Eswara and Lauren Lyon.

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- **“A Graduate Student’s Guide to Managing Change”**

Dinuka Gunaratne and Roshni Rao offer advice for handling all the new academic demands and social dynamics, so you can actually thrive through transformation.

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- **“Give Yourself a Sticker”**

We encourage our students to acknowledge the challenges of their work, set boundaries and take breaks, Sasha Bianca Goldman writes. But do we take our own advice?

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- **“Realizing Resilience as a Graduate Student”**

Advice on Strengthening Your Academic Journey Through Resilience.

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Study Skills, Note-Taking & Deep Thinking

- **“The Straight-A Method: How to Ace College Courses”**

The method consists of four pillars—Capture, Control, Plan, Evolve—for getting straight A’s with links to dozens of concrete tactics.

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- **“A Learning Secret: Don’t Take Notes with a Laptop”**

About a landmark study: handwriting forces deeper processing digital notes and boosts test scores.

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- **“The Cornell Note Taking System”**

A free template that pairs lecture notes with built-in self-quiz prompts.

[View resource](#)

- **“Simple Overview of Note Taking Methods”**

A short cheat sheet of Note Taking methods—Cornell, Mapping, Charting and more. You can pick what fits each class.

[View handout](#)

- **“Maximizing Methods Courses”**

Making the most of your coursework

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- **“Study smart”**

Make the most of your study time with these drawn-from-the-research tips.

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- **“3 Ways to Build Critical-Thinking Skills—Podcast”**

Three micro-practices—questioning assumptions, reasoning through logic and exposing

yourself to different perspectives—that sharpen analysis in discussions, research, and consulting projects.

[Listen to podcast](#)

- **“Getting Rid of “Monkey Mind”: Focusing and Getting Work Done in Graduate School”**

Being productive by setting limits and paying attention to your fidgeting.

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Time Management: Four Useful Perspectives

- **“Time Management Is About More Than Life Hacks”**

Argues that values and priorities—not gadgets—decide whether a schedule works.

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- **“My Fixation on Time Management Almost Broke Me”**

Personal cautionary tale: when perfect planning turns into burnout—and how to pull back.

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- **“It’s Not Just Time Management Anymore”**

Explores the next wave: attention management, energy cycles, and digital minimalism.

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- **“Time tracking for early-career researchers: a practical guide”**

Unlock your potential by learning how tracking time can lead to research success.

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Focusing on What Matters & Beating Procrastination

- **“Why You Procrastinate and How to Break the Habit”**

The deeper reason behind procrastination? It’s about emotions, not effort.

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- **“The Good Kind of Procrastination and the Bad Kind”**

Teaches you to distinguish productive delay from harmful delay.

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- **“Psychologists Explain Why You Procrastinate — And How to Stop”**

Why you keep putting things off—and how to actually stop.

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- **“How to Focus on What’s Important, Not Just What’s Urgent”**

Stop chasing deadlines—start advancing your most meaningful goals.

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