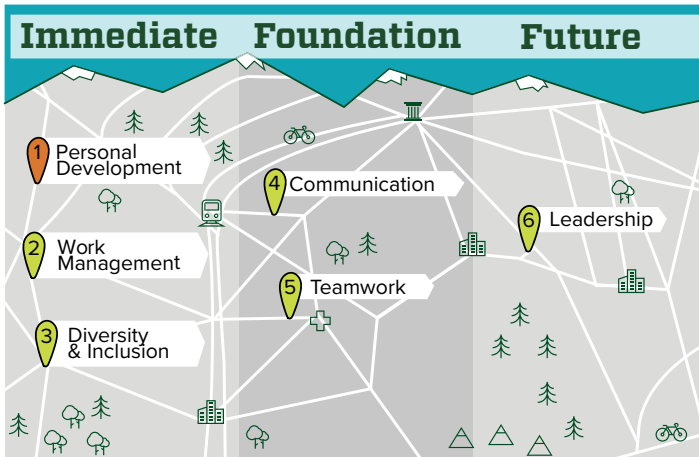







GRADUATE SCHOOL COMPETENCIES ROAD MAP






Get started by building your personal development.



Grad Assistant Finances 101:

-  Be aware of your **stipend**.
-  Manage your **health insurance**.
-  Account for **taxes**.
-  Remember **student fees**.
-  Understand **tuition** for GAs.
-  Think about your **whole budget**.

Wellness Planning Tips:

-  Get regular **Sleep**.
-  **Exercise** consistently.
-  Consider practicing **mindfulness**.
-  Find community **support**.
-  Use planning **tools**.

Financial Planning Tips:

-  1. **Protect** yourself.
-  2. **Save** every month.
-  3. Build **liquidity**.
-  4. Pay off **debt**.


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