



October 17, 2023

Watch for this weekly newsletter from the UH Graduate School with important information for graduate and professional students. Each week, new items are in red.

Upcoming Professional Development:

3MT Competition Registration: Last week, UH Graduate School held an info/training session for the University of Houston [2023 3-Minute Thesis or 3MT competition](#). In a 3MT competition, graduate students explain their research to a non-specialist audience in just three minutes. Besides the time limitation, students are also limited to a single static PowerPoint slide with no additional electronic media or props. Link to [slides](#); [video of info session](#). If you would like to participate in the 3MT competition which starts with preliminary rounds on Nov. 3, and final round on Nov. 17, please register [here](#) by the deadline of **Monday, October 23**. All participants will receive a t-shirt and finalists will receive prizes ranging from \$250 to \$1000.

How to Survive and Thrive Financially During Grad School: Managing your money as a grad student is challenging, but it shouldn't be overwhelmingly stressful. This seminar teaches you how to both survive and thrive financially on a grad student stipend, including real-life examples of early-career PhDs finding financial success. We will discuss money mindset, increasing income, decreasing expenses, saving, investing, and debt repayment, all tailored to the constraints and opportunities of the PhD life.

Presenter Info: Dr. Emily Roberts is a personal finance educator specializing in early-career PhDs. Through her business, Personal Finance for PhDs, she equips graduate students and postdocs to make the most of their money. Emily holds a PhD in biomedical engineering from Duke University and lives in San Diego with her husband and two children.

Date/Time: Tuesday, October 26, 6-8 pm and Register [here](#).

Quick links to resources:

[Coogs Care](#)

[Cougar Cupboard](#)

[Counseling and Psychological Services \(CAPS\)](#)

[University Career Services](#)

[Graduate Student Ombuds](#)

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