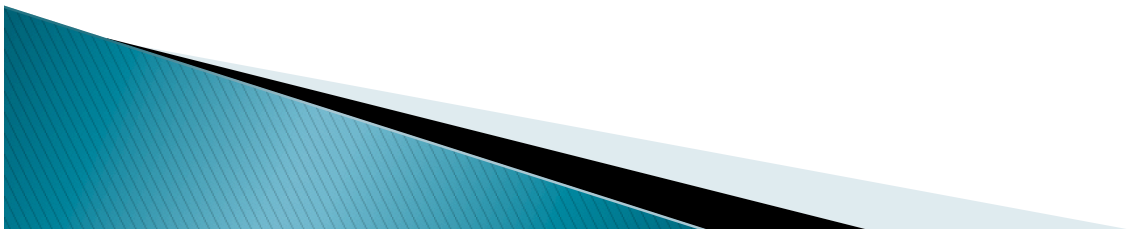


Top 10 Tips for Surviving the MSW Program



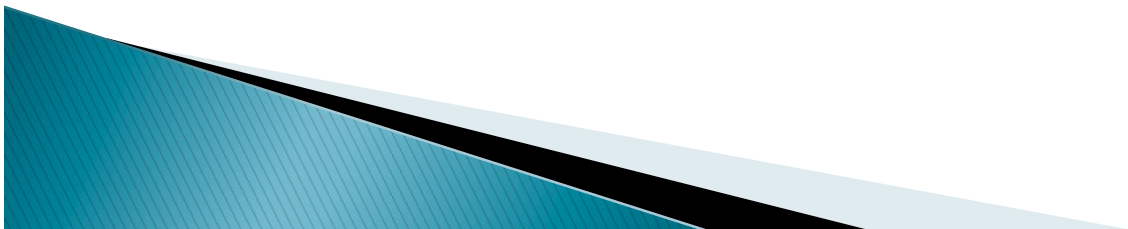
1. Get Organized

- ▶ Get a planner.
- ▶ Plan time for homework, plan time for self-care.
- ▶ Make sure you have personal time and time with family and friends.
- ▶ Plan mini-vacations on the weekends to have something to look forward to.
- ▶ Do homework assignments in pieces .



2. Find your Group

- ▶ Classmates are essential for group projects and helpful for studying and getting notes for you if you get sick. They are the ones who really get the stress you're feeling.
- ▶ Friends and family are important supports too. This program will take a lot of your time, but not all of it.
- ▶ You can't do this alone!



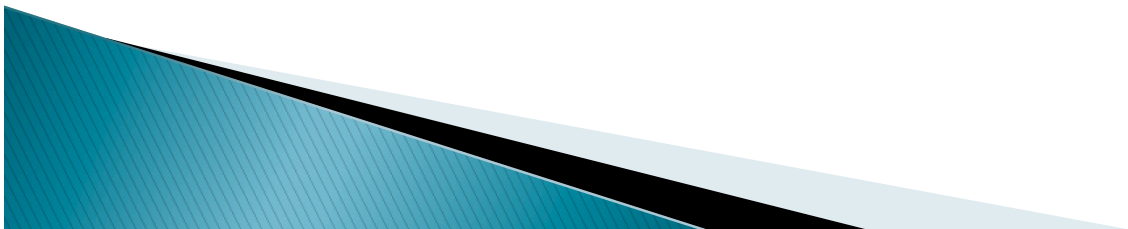
3. Self Care

- ▶ Find a hobby that you enjoy, but is not stressful.
- ▶ Make time for yourself, even when it means using some vacation time from work.
- ▶ Prepare meals for the week to avoid fast food.
- ▶ Get out in nature, meditate, exercise, pause to listen to some music you like.
- ▶ Reward yourself for getting homework done.
- ▶ Volunteer at events or for agencies that mean a lot to you to keep your passion alive.
- ▶ Don't forget to sleep!



4. Web Resources

- ▶ USI Library Databases
- ▶ Google Scholar
- ▶ NASW
- ▶ SAMHSA
- ▶ Endless sites for organizations and topics that you are interested in.



5. MSWs

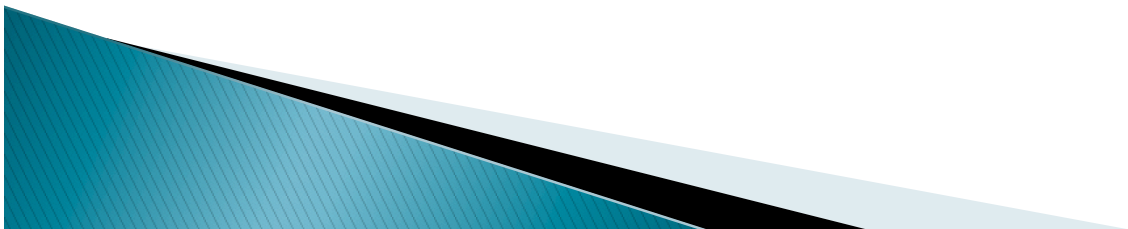
- ▶ You will meet them at internships, trainings, or volunteering.
- ▶ They have already survived a program; many of them came through USI.
- ▶ They can offer a true picture of your goal.

6. Perspective

- ▶ This will not last forever. Keep the goal in sight.
- ▶ “B=MSW”: The A is not everything.

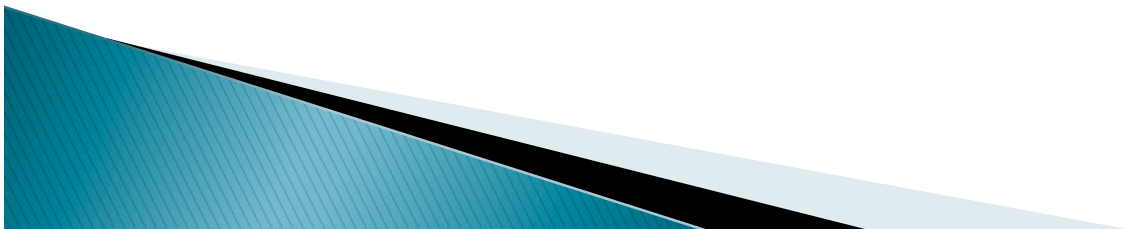
7. Training Seminars

- ▶ You can select these based on your interests.
- ▶ You will get some practice stories, both from the presenter and from others attending.
- ▶ Networking!
- ▶ This is how you will continue education for your license, so it is good to practice finding the ones you like.



8. Talk to Professors

- ▶ They want to help you!
- ▶ They will help explain projects and offer ideas and information.
- ▶ They know people and agencies in the community that can help you find or achieve your goals.



9. Don't Procrastinate

10. Campus Facilities

- ▶ Rice Library Study Rooms
- ▶ Social Work Computer Lab
- ▶ Starbucks and lounge in Rice Library
- ▶ Innovation Point (USI facility off campus in downtown Evansville)
- ▶ Physical Activities Center
- ▶ Recreation, Fitness, and Wellness
- ▶ The campus hosts various intramural activities and exercise classes for students

Studying

Self Care