

*All students are
welcome!*

*Thanks for sipping
cafecito with us!*

Cafecito & Grad School Chats

Drop in. Sip cafecito. Ask anything.

Cafecito Grad School Tips



Work / Life Balance is key!

It's okay to work hard.
Remember to rest and play too.



Build your resume!

Volunteer, apply for scholarships,
or research projects in the field.



Get Social!

Use social media as a tool.
Find inspiration and/or community.



Explore!

Grad school is your time to try
and see various opportunities.



Engage with your Professors!

Office hour chats can
work miracles.



Keep an open mind!

Different settings can lead
to a niche skill set.



Prioritize YOU!

Self Care is a must.
Avoid the burn out monster.

Join us!

<https://www.nysslha.org/join-us>