



SKILLSETS is an initiative from [Graduate and Postdoctoral Studies](#) and [Teaching and Learning Services](#) designed to complement the research training provided by the academic experience at McGill University.

FEATURED EVENTS - Register for all events on the [SKILLSETS Calendar](#)

RESOURCES



[Would You Fund It? Fellowship Consultation Session](#) **September 24, 25, & 27**

How can you improve your chances for obtaining a fellowship? Benefit from a one-on-one consultation with a McGill reviewer from your funding area. You will get immediate feedback on your complete two-page research proposal in time to revise before submission.

[How to Win a Graduate Fellowship](#)

The Chronicle of Higher Education

UPCOMING EVENTS



[Mindfulness Stress Management](#)

Wednesday, September 5

Feeling stressed out? Overwhelmed by the semester ahead? Learn to manage stress using mindfulness based meditation techniques.

[Meditation and Mindfulness for Stress Management](#)

North Dakota State University



[Support for Doctoral Students](#)

Tuesdays – Weekly – Starting September 11

Do you find it challenging to balance life and academia? Do you feel disconnected from others in your program? Join our group for ideas, encouragement, motivation and a sense of connectedness.

[Managing Stress at Grad School](#)

Queens University



[Science and Policy Exchange](#)

Friday, September 14

Wondering about the 2014 Healthcare Reform and other current issues? This annual conference assembles students and leaders in government, industry, research and the community for an exchange of ideas on science and policy issues affecting Quebec.

[Science Policy News](#)

The Canadian Science Policy Center



[Applying for your Tri-Council Award \(Webinars\)](#)

September 19, 20, 21

Need help writing a winning fellowship application? Learn agency guidelines and get first-hand information from Graduate and Postdoctoral Studies Fellowships Office on how to give your application the needed edge. Learn how to excel at completing required questions, write a successful research proposal, and ask for effective reference letters

[What to Include in a CIHR Application](#)

University Affairs

[What to Include in a SSHRC Application](#)

University Affairs

[NSERC: Tips on fellowship applications and demystifying the review process \(video\)](#)

Government of Canada



[Academic Stress Workshop](#)

Monday, September 24

Are you struggling in school? Want to learn how to improve your performance and cope with the stress? Join us to get tips on how to learn study strategies and ways to manage stress.

[Strategies for Stress Management](#)

Saint John's University



[Safer Spaces: Understanding Discrimination](#)

Wednesday, September 26

Do you have questions about working and studying in cross-cultural environments? Explore key terms, myths and debates surrounding diversity and acquire tools that can be used in many situations.

[Racism on the Tenure Track](#)

The Chronicle of Higher Education



[One Stop Shop: Everything You Need to Get Your Job Search Started](#)

Friday, September 28 (Mac Campus)

Wondering about the essentials of preparing for a career outside academia. Discuss topics such as networking, cover letter & CV writing, and interviewing with an experienced graduate career counselor.

[MyFuture](#)

CaPS

KEYS TO UNLOCKING YOUR POTENTIAL



[The McGill Writing Center](#)

Would you like to refine your academic writing skills or learn to write for a specific professional audience? The McGill Writing Centre (MWC) can help you succeed at university and in many different professions.

[Graduate Writing](#)

[Courses](#)

McGill University



[Effective Lab Skills: Managing People, Projects and Money \(Webinar\)](#)

Scientists face many challenges running their labs. Beyond good research, lab heads need to consider managing their staff, developing reasonable timelines, and how to properly track grant budgets.

[Lab management: The Human Elements](#)

Science



[24/7 access to Library branches](#)

As of Tuesday, September the 4th, Monday – Thursday 24 hour access is provided in the Redpath Library Building, Schulich Library of Science and Engineering, and Nahum Gelber Law Library. The McLennan Library Building is open for study until 1:00 AM. A valid McGill ID card is required for access to the Library after service hours and to borrow books using self-checkout machines.



[Classroom A/V Instructions](#)

Want to see what AV equipment is available for any classroom on campus? This online tool features classroom photos and equipment specs and is available to instructors and teaching assistants.

SKILLSETS Partners

[McGill Library](#) / [First Year Office](#) / [CaPS](#) / [Dean of Students](#) / [Office of the VP-RIR](#) / [PGSS](#) / [SEDE](#)

Contact us at skillsets@mcgill.ca or (tel) 514-398-6750 with feedback & suggestions or to explore volunteer opportunities.
Teaching & Learning Services, McLennan Library Building, MS 12

David Syncox

Graduate Education Officer

Graduate and Postdoctoral Studies

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<http://www.mcgill.ca/gps/students/skillsets/>

Grandescunt Aucta Labore - "By work, all things increase and grow."