

13 THINGS I WISH I KNEW IN GRAD SCHOOL

Tips For Incoming Students

“Almost everything will work again if you unplug it for a few minutes, including you.”

Anne Lamott

1. JOIN THE SGO

Develop your leadership skills by joining a student government organization or interest group.

2. MEET YOUR LIBRARIAN

Refine your writing skills. Borrow a textbook. Save time on assignments by learning how to navigate library databases and resources effectively.

3. UTILIZE COUNSELING SERVICES

Advocate for YOUR needs. Every semester you have 3 sessions available for you at no charge.

4. ACCESS USC SOFTWARE

Download MS Office, Antivirus and all the latest software for free.

Access IT Support 24/7

5. JOIN THE NASW-USC

USC is the only school that has its own NASW unit in the LA area. Save on fees later by investing in your membership early and be a part of an expanded network of Trojans.

6. JOIN PHI ALPHA

If you can meet the 3.75 GPA Requirement, you are eligible to be a part of a Nationally Recognized Association that comes with exclusive benefits and scholarships.

7. BECOME AN AMBASSADOR

Represent the Trojan Spirit and advocate for your unique experiences at USC. For only a few hours a month, you can make a difference and get a small tuition break for your service. Be sure to apply early!

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“You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens.”

Louise L. Hay

8. CAREER SERVICES

Get Social Work Specific Career Information that helps you to focus on your profession and labor market.

9. ALUMNI

After graduation, your current USC e-mail does get deleted after 90 days. You do have to manually create a new @alumni.usc.edu in order to have a permanent e-mail address.

FIGHT ON!

10. UNIQUE DSM DESIGN

For Clinical Social Workers, you will love this! Transform Your DSM IV Reference book by converting it into an spiral bound book. Before and after pictures available.

11. PSYCHOTHERAPY.NET

Access a library of professional videos for different therapeutic techniques related to clinical social work. Find out why this resource is truly an underrated one!

12. ORGANIZE YOUR IDEAS

If you have Windows 10 or a MAC, you can download a software called Microsoft One Note For Free. Learn how to use the "Four Square" Time Management Method with this software by contacting us above.

13. ADVOCATE

Upgrade your macro skills and learn about engaging elected officials as a social worker. Join a virtual support group that keeps you accountable to issues that you care about the most.

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