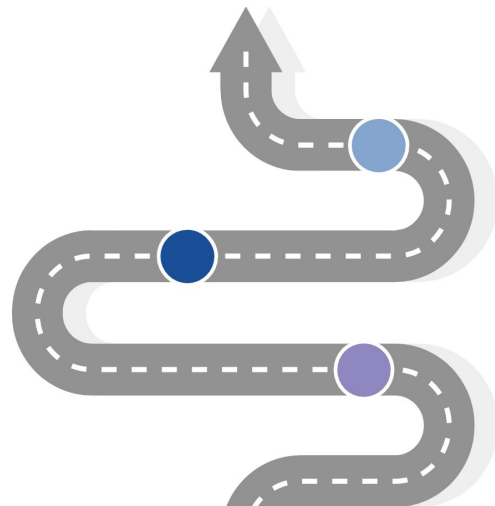

Perspectives from Graduate Peer Coaches: *A Panel Discussion*

July 29, 2022

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Plan for today

- Introducing the Panelists
- Brief background on our Grad Peer Coaching Program
- Panel discussion → focus on outcomes for *coaches*
- Q&A with all of you

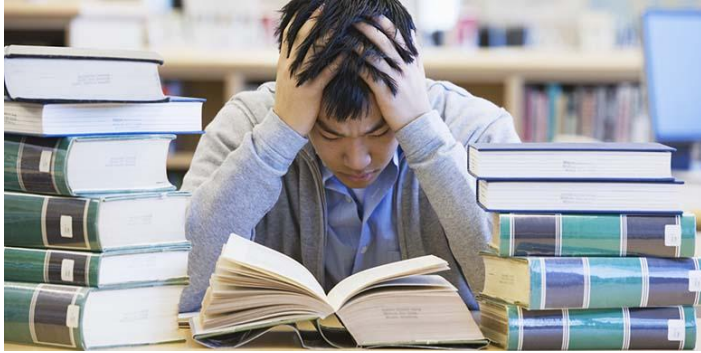


Introducing the Panelists



- Sooji Han
- Kumar ("Mito") Mritunjay
- Crystal Rao

Context



General challenges Grad Students face across institutions

Background on Grad Students at our institution



How do we conceive of “coaching” by and for Grad Students?

- Egalitarian and supportive relationship
- Coaches are “**thinking partners**”

Objectives

For Grad Student Coachees

- Promote thriving
- Make “hidden curriculum” more explicit
- Help “coachees” identify and move toward authentic goals

For Grad Student Peer Coaches

- Offer professional development and coaching skills, strategies, and experiences that are beneficial and generalizable

Who are the Coaches?



- **11 advanced doctoral students** (post-candidacy exam) from 11 departments
- Represent Humanities, Social Sciences, Engineering, and Natural Sciences
- 6 women; 5 men
- 7 international graduate students
- 7 are POC
- In cohorts from G4 to G8
- Coaches complete 50 hours of training
- Have been meeting 1:1 with peer “coachees” since Sept. ‘20

Summer Training

Logistics

- 50 hours total over 8 weeks
- 2 hrs synchronous; 4 hrs asynchronous weekly

Weekly Content

1: Hidden Curriculum of Grad School

2: Coaching Methods 1 - Introduction

3: Thriving & Wellbeing

4: Self and Others; Coaching Methods II - Exploration

5: Habits & Behavior Change; Coaching Methods III - Insight

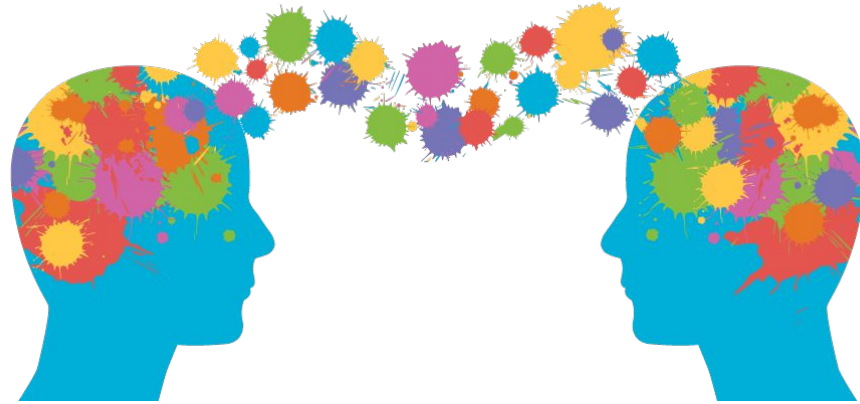
6: Procrastination, Perfectionism, Productivity & Progress; Coaching Methods IV - Action

7: Mindset and Metacognition; Coaching Methods V - Integrating Insight & Action

8: Supporting Students in “Distress”; Coaching Methods VI - Integration; Next Steps



Lessons Learned in Training and from Working with Coachees



Benefits Beyond Coaching?



Any Questions for us?



Thank you!

- For more about our Graduate Scholarly Success Program generally, please explore our website:
<https://mcgraw.princeton.edu/graduate-student-scholarly-success>
- If you have questions, comments, or would like to get in touch, please reach out!

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