



AUGUSTA UNIVERSITY
**THE GRADUATE
SCHOOL**

You're at AU, now what?

PEER-TO-PEER GRADUATE LIFESTYLE AND SUCCESS GUIDE



Disclaimer

The information provided in this guide is designed to provide helpful information to (new) Augusta University students from their graduate student peers. This guide is not meant to be used, nor should it be used, as an official source of information. Students should refer to official Augusta University handbooks/guides/manual and website and their official program hand books for official policies, procedures and student information. Information provided is for informational purposes only and does not constitute endorsement of any people, places or resources. The views and opinions expressed in this guide are those of the authors and do not necessarily reflect the official policy or position of Augusta University and/or of all graduate students. The content included has been compiled from a variety of sources and is subject to change without notice. Reasonable efforts have been taken to ensure the accuracy and integrity of all information, but we are not responsible for misprints, out-of-date information or errors.

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Members of TGS Graduate Student Council. Pictured from left to right, (standing): Talia Riley, Christian Waller, Ryan Crislip, Megan Sullivan, Ranya ElSayed, President Keel, John Paul Valenzuela, Sarah Sharman. (sitting) Lindsay Heisler, Mohamed Meghil, Marlowe Vernon, and John Croy. Not pictured: Houssein Abdul Sater, Brooke Durden, Christie Sanchez, Callie Jowers, Merry Ma, Jasmine Fuller, Dawn Langley-Brady, Seyi Odubote, Salinla Tulyasatien.



Foreword

Dear Augusta University Graduate Student,

On behalf of The Graduate School (TGS) at Augusta University, I would like to congratulate you on your acceptance to Augusta University and your subsequent decision to enroll! Choosing the university where you will complete your graduate studies is a critical decision, but be assured you have made a great one. You are about to embark on an amazing journey within the Graduate School at Augusta University, growing not only as an academic but also as a contributing member of this community.

We, as members of TGS Graduate Student Council, have created this guidebook to help you have a smooth transition into our family at Augusta University. This book was created by current students who were eager to give you a little insight into their journey through graduate school in hopes of helping you through yours. But please be assured, our advice and encouragement don't stop within the pages of this book. The Augusta University TGS family is here for you throughout your time in graduate school, we want you to feel comfortable reaching out to any of us for help or advice along the way. Within this guidebook you will find everything you need to know about our beloved campus(es), from where to park and find places to study to where to find the best food on campus.

Although Augusta is mainly known for a certain prestigious golf tournament held here every April, there is so much more to do here! For this reason, we have included a pretty comprehensive guide on what to do in Augusta when you are not in lab, library, or the classroom. In addition, we've also included a section on the best restaurants and dives in Augusta. Hopefully it is clear throughout this book that we all stress the importance of work-life balance. Whether you like to go pump iron at the gym, kayak down a flowing river, or play trivia with your friends on a Tuesday night, it is important to have an outlet outside of graduate school. We hope that you will find yours within the pages of this guidebook.

Throughout the guide we also hope that you will get a feeling for the true spirit of TGS—the collegial nature of our graduate student community, which is our willingness & eagerness to support peers and future colleagues in their endeavors to excel professionally as well as personally. So please, take some time to read this guidebook. We hope that you find it informative and helpful as you begin your first weeks of graduate school here in Augusta.

- Sarah Sharman

*Chief Editor of the Peer-to-Peer Graduate Lifestyle and Success Guide
PhD Student, Biomedical Sciences, Biochemistry and Cancer Biology Program
Member of TGS Graduate Student Council
2016-2017 Biomedical Student Association President*

Getting Started

By Joanna Erion, Biomedical Science, Molecular Medicine PhD



Augusta University Main Campuses Defined: Summerville & Health Sciences

Following the merging of our parent universities, Augusta University obtained two individual campuses. One is the Summerville campus, which was formerly the campus of Augusta State University. This campus houses all of the undergraduate programs (for now, although plans are to move undergraduate science programs to the Health Sciences campus) and a subset of the graduate programs. The Health Sciences campus was formerly the campus of The Medical College of Georgia and houses the health science-related subset of graduate programs as well as serving as the home of the medical & dental schools. Due to this, your chosen program will determine on which campus you will be spending the majority of your time. The university has devised a Campus Master Plan (augusta.edu/facilities/cmp/) that will be implemented over the next several years to more fully integrate these campuses and improve upon campus infrastructure & development.



Parking & Transportation

The current student parking plan offers non-reserved spots for \$35 a semester. Register for parking through your POUNCE account. On the Summerville campus, almost all parking spaces are non-reserved, but at peak hours, students may have to drive around awhile until they find an available spot. On the Health Sciences campus there are a few non-reserved spots located near the main campus buildings, but in order to nab one of these prime spots, students must be [very] early birds. Most students choose to park in either the large gravel lot located just off the Laney Walker and 15th street intersection or in the parking lot next to Laney Walker high school (near the intersection of Laney Walker and RA Dent, once again, be careful crossing the street!). For more detailed information on parking, registration, and permissible lots, visit: augusta.edu/parking.

Intra & Inter-campus Transit

Augusta University offers a transit system to provide transportation to and from the various parking lots and main campus locations as well as an intercampus service that shuttles students between the Summerville & Health Sciences campuses. For more information on these routes, visit augusta.edu/parking/shuttles.php

Augusta University Public Safety Division Escort

Students who wish to be escorted to their car by a Public Safety officer may do so by contacting the Public Safety Division 24 hours a day, 7 days a week at (706) 721-2911. Public Safety Recommends: “If you have to walk alone to or from an isolated area of the campus; If you work during the hours of darkness or non-business hours; If you need assistance getting to and from your vehicle; If you feel uncomfortable or unsure for any reason.” An officer will be dispatched to your location to escort you to your campus destination. You will need to give the dispatcher the following information when requesting an escort: Your name, location the officer is to meet you, time of pick-up, your destination, and your vehicle information if necessary.

Email/Student Account

Your e-mail account can be accessed via Microsoft Outlook in Microsoft Office, or via Outlook online. Your email account is the official way professors and school faculty will contact you so be sure to check your email often. It is suggested to link your email account to your phone so you get live email notifications. If you have any problems or questions doing this, you can contact the IT Service Desk at (706) 721-4000.

POUNCE

POUNCE is Augusta University’s online management portal for pretty much everything. Within POUNCE, you may register for classes, view your class schedule, access your student account for paying & receiving financial aid reimbursements, viewing & accepting financial aid, register for parking, and view your student records. You will use your Augusta University username and password to log into Pounce. Both email and POUNCE can be accessed via the Portals site: augusta.edu/paws.php

Financial Aid

Many students (even those receiving assistantships) determine they wish to use the support of financial aid to ease the financial burden of graduate school and to make sure that they are able to afford suitable housing and cover various bills and unexpected expenses. United States citizens are eligible to receive federal student loans and must submit a FAFSA form prior to the university's deadline. Federal aid is a wonderful option for students considering pursuing academia, teaching, or non-profit/government career paths due to the federal Public Service Loan Forgiveness & Teacher Loan Forgiveness programs. Students not eligible for federal aid may be eligible for student loans from private institutions. For more information about student financial aid options and to review Financial Aid Office deadlines, visit augusta.edu/finaid/

Social Media

We live in a world that is heavily geared by social media interactions. Many student organizations (including the graduate school itself) have Facebook, Instagram, and LinkedIn pages. While it is important to have many of these accounts to get up to date information, you should keep your social media interactions professional in nature to reflect yourself and The Graduate School in a good light.

#GetConnected

Useful social media accounts to know:

Facebook: The Graduate School at Augusta University @AUGgradschool

Instagram: Augusta University @aug_university

Twitter: Augusta University @AUG_University

Check out your own department or organization for social media accounts as well.

Student Resources

By Joanna Erion, Biomedical Science, Molecular Medicine PhD

Student Services

Augusta University offers many services for its student's convenience. You just need to know where to go to find what you need. Sounds simple? Agreed! However, here are some tips where you should go in case you quickly need to...

See a doctor

Student Health Services (Health Sciences Campus), Pavilion II,
Monday through Friday 8:30 AM to 5:00 PM : (706) 721-2911
Counseling services & psychological services (Summerville & Health
Sciences Campuses): 706-737-1471

Buy books/supplies

The student center (Health Sciences Campus)
Washington Hall (Summerville Campus)
Online stores (e.g., Amazon)
Senior graduate students from your program
<http://uaugusta.verbacompare.com>

Study on campus

Health Sciences Campus

Student center; 2nd floor
Library, 1st and 2nd floor
Classrooms & conference rooms not in use

Summerville Campus

Reese Library in JSAC
Allgood Hall Atrium, Classrooms and Computer Labs
University Hall Study Area; 1st floor
Classrooms & conference rooms not in use, also great to practice
presentations

Make copies & print

Health Sciences Campus

Library, 1st floor

Most departments have copiers made available to students

Summerville Campus

Reese Library in JSAC center

Allgood Hall

For getting papers bound: Educational & Collaborative Technology Center, University Hall, Room 156

Get technical assistance

Health Sciences Campus

IT service desk, Library, 1st floor: get help with everything related to your computer (ex. email, WiFi, etc) Mon- Fri 8AM-5PM

IT service desk, Education Commons, Mon-Fri 8AM-Noon

Summerville Campus

Reese Library, 1st Floor Information Desk

2nd Floor, Collaboration Space Mon- Fri 8AM-8PM Sun Noon- 8PM

On-Campus Dining

Health Science Campus

- Student Center Atrium Food Court. Here, you will also find a Starbucks and a selection of ready-made snacks & salads.
- Within a short walk, you can find a McDonald's (located in the Children's Hospital) and a Subway (located across the street from the children's hospital).
- For more variety, use the walkway connecting Annex II (CJ building) to access the MCG hospital's Terrace Café. They post their menu every week at <https://au.catertrax.com/index.asp>. In the side coolers, you can find sandwiches, salads, and even sushi! Many of the dining options on campus accept the student meal plan, so if that is something you choose to sign up for, be sure to find out what all is covered.

- If you don't mind a slightly longer walk, you can find some really great options at the University Hospital Cafeteria. Here, you can find a Chick-fil-a, New Moon Café, and an upscale cafeteria with some great options to choose from, including an onsite sushi chef!

Summerville Campus

- Allgood Café: Located in the 1st floor Atrium of Allgood Hall, Allgood Café features Simply To Go, a program that combines fresh & convenience for those on the run. This small student shop offers snack, drinks, coffee and pizza. The menu also includes a variety of sandwiches, salads, yogurt parfaits, fruit cups, vegetable cups. This is a great place to get a snack before class and during study breaks.
- Summerville Food Court (JSAC): Here, you will find a selection of ready-made snacks & salads in addition to the following stores:
 - Freshens Smoothie Company: offering premium yogurt and all- natural fresh blended smoothies.
 - Hissho Sushi
 - Starbucks
 - Wow Café: including wings, wraps, over-sized chopped salads, Angus burgers on Texas toast and Southwestern taste temptations such as quesadillas, fajitas, tenders and shrimp.
 - Slice of Life: offering Pizza and Breadsticks.

Services Provided by the Graduate School

The Graduate School (TGS) at Augusta University is fully devoted to ensuring the success and achievement of each and every graduate student, not only in their studies at Augusta University, but also in their future career endeavors. Multiple opportunities are provided by TGS to foster individual growth and career advancement:

- Travel stipends
- Teaching & mentoring
- Career development workshops
- Networking
- Opportunities to enhance leadership skills & gain professional experience

Reach out to TGS administration to receive further information regarding these and any other existing opportunities. To stay up to date with all ongoing TGS events & services, follow their Facebook page at: <https://www.facebook.com/AUGradschool>.

Get Fit: The Wellness Center

By Merry Ma, Biomedical Science, Neuroscience PhD program

A balanced lifestyle is important for overall wellness and keeping your mental faculties sharp! Conveniently located behind the Health Sciences student center is the wellness center with a large selection of updated cardio equipment (ellipticals, treadmills, rowers, and bikes), weightlifting equipment (isolated muscle trainers, free weights, barbells, and squat racks), a ping pong table, full size basketball court, an indoor track, and 3 rooms for group exercise classes. Group exercise classes are well attended and offer an energetic and organized environment to improve and maintain your health. Zumba, yoga, spinning, cardio circuits, and kickboxing are among some of the classes offered.

Graduate students often visit the Wellness Center at the end of the day to take group exercise classes together, play basketball, have ping pong tournaments, or just get in a good workout. With its close proximity to many of the research buildings, students who spend a lot of time in lab often work the Wellness Center into their schedule by visiting during the “wait periods” of their experiments.

Remember to bring
your student ID!



If you park in any of the wellness center spots (updated parking information available on their home page, especially with the construction on campus) during normal business hours, be sure to sign in your car (license plate #) at the front desk to receive 3 hour parking close to the facility!

The wellness center offers more than the gym and exercise classes. Movie tickets can be purchased at a discounted price of \$8 (wellness center is limited to distributing 50 tickets/week, so best to plan ahead). Swim passes at the Augusta Aquatics Center (3157 Damascus Rd, 4 mi from campus) can also be purchased for \$10 (good for 12 visits!), which is a great rate for those of us who enjoy the occasional wading in the pool or lap swimming. The wellness center has also started renting kayaks on a first come, first serve basis. While they will help you load/unload the kayaks, you do have to have a way to transport them from the school to your kayaking location of choice.

For more information about the wellness center, you can visit their website at augusta.edu/wellness

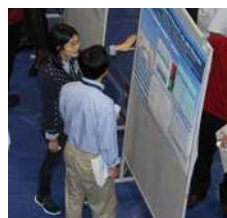
If you find that the wellness center does not suit your personal needs, some other popular options amongst students and faculty off campus are the Kroc Center, Oxygen Fitness Studio, Gold's Gym, Omni Fitness, Evans Fitness Club, and the Family YMCA.

TGS Traditions

By: Jasmine Fuller and Sarah Sharman; Biomedical Science, Biochemistry and Cancer Biology PhD program

Graduate Research Day:

The Graduate Research Day is one of The Graduate School's longest-standing traditions and a highlight of each academic year. Each year, postdoctoral fellows and graduate students at Augusta University showcase their research in a poster session (students) and oral presentations (postdoctoral fellows). Students are eligible to receive awards based upon content & performance. The event concludes each year with an enlightening presentation given by a prestigious speaker whom The Graduate School hosts.



Graduate Research Day

The Graduate School Hooding Ceremony and Graduation

For one of the biggest days in our graduate school careers, Augusta University goes all out, inviting family and friends to celebrate as you receive your diploma. For the first time in December 2016, The Graduate School hosted a hooding ceremony for the Fall graduates.



American Heart Association Heartwalk:

Each year, The Graduate School forms a team to raise funds for Augusta's annual AHA Heartwalk. This is a great way to spend time with your fellow student while supporting a great cause! You may choose to sell raffle tickets, promote the TGS team, or even host your own fundraising event.



Biomedical Student Association Art for Heart:

Student and faculty donated artwork is sold to raise funds for the BSA organization and The Graduate School Heartwalk team.



3 Minute Thesis (3MT):

Three Minute Thesis is a competition that originated in Australia at Queensland University in 2008, and made its way to Augusta University in 2016. In this competition, graduate students have three minutes and one static Powerpoint slide to describe their thesis project to a group of non-scientists. The competition consists of two rounds, with five students making it out of the preliminary round to the final round, which is held during the Graduate Research Day awards banquet. Winners receive cash prizes and a chance to move on to Regional and even International competitions.



2017 3MT Winners

“ Participating in the 3 Minute Thesis competition taught me so much about speaking to others about my research on a level that isn’t bogged down with science terminology. I would really recommend other students trying it out at least once because it will help you understand your project better as well as teach you valuable presentation skills. ”

- Sarah Sharman, Biomedical Science, Biochemistry and Cancer Biology PhD program

Student Organizations

By: Jasmine Fuller, Biomedical Science PhD program and Brooke Durden, Master of Public Administration

Augusta University has a growing number of registered student organizations! This is a great asset to Augusta University as students can explore various aspects of research and non-research related activities, providing community service projects and leadership opportunities. No matter where your interests lie, you will find an organization that will undoubtedly fit your fancy!

Graduate Student Government Association (GSGA):

Augusta University's Student Government Association is composed of two bodies: the Senate (Undergraduate) and the House of Representatives (Graduate). Each body serves as a liaison between students and the administration of Augusta University. If interested in being involved, check with your program-specific student organization to find out how to become an SGA Representative.

TGS Graduate Student Council:

Members of TGS Graduate Student Council serve as the official representatives of The Graduate School (TGS) and represent their college, graduate program, and peers in an advisory capacity for TGS. The Graduate Student Council participates in dialogue with TGS graduate students, faculty, and administrators. In addition, they are involved in projects and initiatives to build and benefit the graduate school community.

Biomedical Student Association (BSA):

BSA is an Augusta University-sanctioned student organization representing graduate students of the Biomedical Sciences and their student affiliations to provide leadership and support to the graduate students. BSA conducts activities to promote an atmosphere of fellowship and social support among the graduate students and organizes students' interactions with other institutions and organization within Augusta University and the community at large. The majority of BSA events focus on strengthening social networks within the graduate students community as well as encouraging students to play an active role in campus and community-wide events.

Past events include kayaking on the canal, a spaghetti dinner to welcome incoming students, a day at Six Flags, and volunteering at local events including BanjoBque music festival, Ronald McDonald House, and Phinizy Swamp Earth Day. To find out more about the BSA and upcoming BSA events, join their Facebook group or email them at bsa.aug@gmail.com.

And more...

Most individual graduate programs each host their own student organization. Check with your program's administration and/or senior students to learn more. If one doesn't exist, consider chairing a committee to create a student organization for your program. Leadership skills look excellent on your CV/resume!

The complete list of organizations can be found at augusta.edu/students/organizations/index.php



From Student Perspectives: TGS Graduate Programs

Programs:

College of Allied Health Sciences

- Doctor of Philosophy with a Major in Applied Health Sciences
- Master of Public Health with a Concentration in Environmental Health
- Master of Public Health with a Concentration in Health Informatics
- Master of Public Health with a Concentration in Health Management
- Master of Public Health with a Concentration in Social and Behavioral Sciences
- Master of Science in Allied Health with a Concentration in Clinical Nutrition
- Master of Science in Medical Illustration

College of Education

- Doctor of Education with a Major in Educational Innovation
- Master of Education in Leadership with a concentration in School Administration
- Master of Education in Leadership with a concentrations in Teacher Leadership
- Educational Specialist with a Major in Counselor Education with a Concentration in Clinical Mental Health Counseling
- Educational Specialist with a Major in Counselor Education with a Concentration in School Counseling
- Educational Specialist with a Major in Educational Leadership
- Master of Education with a Major in Counselor Education with a concentration in Clinical Mental Health
- Master in Education with a Major in Counselor Education with a concentration in School Counseling
- Master of Education with a Major in Instruction
- Master of Science in Kinesiology
- Educational Specialist with a Major in Curriculum and Instruction

College of Science and Mathematics

- Master of Science with a Major in Psychology

Dental College of Georgia

- Master of Science in Oral Biology

Hull College of Business

- Master of Business Administration

Katherine Reese Pamplin College of Arts, Humanities, and Social Sciences

- Master of Public Administration with a concentration in Criminal Justice

Medical College of Georgia

- Doctor of Philosophy with a Major in Biochemistry and Cancer Biology
- Doctor of Philosophy with a Major in Cellular Biology and Anatomy
- Doctor of Philosophy with a Major in Genomic Medicine
- Doctor of Philosophy with a Major in Molecular Medicine
- Doctor of Philosophy with a Major in Neuroscience
- Doctor of Philosophy with a Major in Oral Biology and Maxillofacial Pathology
- Doctor of Philosophy with a Major in Pharmacology
- Doctor of Philosophy with a Major in Physiology
- Doctor of Philosophy with a Major in Vascular Biology
- Doctor of Philosophy with a Major in Biostatistics
- Master of Science in Clinical and Translational Science
- Certificate in Clinical and Translational Science
- Master of Science with a Major in Biostatistics

School of Computer and Cyber Sciences

- Master of Science with a Major in Information Security Management

College of Nursing

- Doctor of Nursing Practice (MSN to DNP)
- Doctor of Nursing Practice with a Concentration in Adult Gerontology Acute Care
- Doctor of Nursing Practice with a Concentration in Family Nurse Practitioner
- Doctor of Nursing Practice with a Concentration in Pediatric Nurse Practitioner
- Doctor of Nursing Practice with a Concentration in Psychiatric Mental Health Nurse Practitioner
- Doctor of Nursing Practice with a Concentration in Nursing Anesthesia
- Doctor of Philosophy with a Major in Nursing
- Post Graduate's Certificate in Adult Gerontology Acute Care Nurse Practitioner
- Post Graduate's Certificate in Family Nurse Practitioner
- Post Graduate's Certificate in Pediatric Nurse Practitioner
- Post Graduate's Certificate in Psychiatric and Mental Health Advance Practice Nurse Practitioner
- Doctor of Nursing Practice - Nurse Executive Program (DNP-NEP)

Student Perspectives on Graduate School

Foreword by Joanna Erion; Questions compiled by Sarah Sharman, Biomedical Science PhD

The Graduate School (TGS) at Augusta University offers a wide variety of graduate programs, and this list is constantly being expanded upon as our university grows and adapts. Unfortunately, it is difficult for graduate students to know about the other programs since they are so busy completing courses & studies within their own respective programs. Due to little to no overlap in curricula and activities, there are few opportunities for graduate students to interact with students outside one's own program. Currently, TGS has formed a Graduate Student Council to address this issue and attempt to bring graduate students from all programs together in a collaborative atmosphere. It is our hope that doing so will help to open avenues for cross-program interaction and collaboration.

In this spirit, we have compiled a spotlight of perspectives from students in as many programs as possible in order to inform graduate students about the other opportunities and programs offered by The Graduate School. The Graduate Student Council has made it our key mission to bring all Augusta University graduate students together, improving cross-program communication in a collaborative atmosphere.

What are the strengths of your program?

"The faculty are involved in the profession and encourage students to attend conferences or get involved in the local community."

- Kate Crockett, Masters of Education in Counselor Education

"Faculty, diversity in the students, real world focus not just theoretical, learning the 'how' and not just the 'what' will help you in your career."

- Zachary Ball, Masters of Business Administration

“The biggest strength of our program is our faculty. Regardless of educational pursuit (MSN/CNL, DNP, NP, PhD, RNA), our faculty are among the best in the field of nursing. AU nursing faculty are bright, driven, cutting edge and creative – producing tomorrow’s evidence-based practice, and at the same time, they are caring, compassionate, and willing help students achieve success!”

- Dawn Langley-Brady, College of Nursing, Department of Physiological and Technological Nursing



“It is a very tight-knit, friendly community of scientists with lots of collaboration. Lots of seminars go on to help with presentation skills and professional development (BMB Seminars keep students up to date on research going on in other labs, GCC-GPS seminars allow postdocs and students to present their work in a formal setting, and the presentation class BCMB8340 allows students to practice presenting their research in a more laid-back environment with student feedback). There is minimal coursework (3 additional classes) and anyone in the BMB department or the cancer center is willing to help with any questions/issues you may run into during your time in the program.”

- Candace Poole, Biomedical Sciences, Biochemistry and Cancer Biology PhD Program

What should any potential graduate students know upon entering your program?

“The most important decision of your graduate career will be your choice of mentor & the lab in which you will be pursuing your thesis research. Not only should you be passionate about the research accomplished by a prospective lab – you should also ensure that you & a prospective mentor are compatible in learning/teaching methods, research strategies, and work-life balance beliefs. It is very important that you are able to establish a healthy, professional relationship with your mentor as well as each of your lab mates.”

-Joanna Erion, Biomedical Sciences, Molecular Medicine PhD program

“Faculty members are dedicated to their field and the development of helping professionals. While pursuing their own research interests with passion and aplomb, they operate within an affirming academic environment that builds student confidence and facilitates personal and professional growth. Classes cultivate critical thinking skills and improved self-awareness. Most class meetings are held weekdays starting at 5 p.m.”

- *Traci Westin, Counselor Education, Clinical Mental Health Counseling Track*

“This program is light on coursework, and works to develop you as a scientist, focusing more on primary literature, lab methods, presentations, and a grant writing style comprehensive exam helps prepare you for post-doc positions or teaching positions once done with graduate school.”

- *Candace Poole, Biomedical Sciences, Biochemistry and Cancer Biology PhD program*

What one piece of advice would you give to yourself when you were starting first year?

“Be excited! A little nervousness is normal and actually helpful. Make sure to allow time to do the basics: enough sleep, time with family (friends may take the back-burner), workout, and eat right. Get your planner out again and write out the entire semester in the beginning so you know how to pace yourself.”

- *Shanna Sowell, Doctor of Nursing*

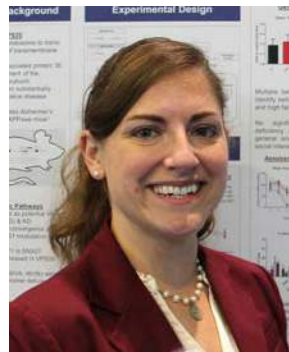
“Write down each deadline on a calendar so you can see how fast approaching they are. Do NOT get behind on reading.”

- *Kate Crockett, Masters of Education in Counseling Education*

“Don’t get behind! This program is fast paced so be sure to ask for help along the way and don’t procrastinate.”

- *Taylor Rodriguez, Master of Science in Psychology*

“If I could go back to my first year and give myself one piece of advice, it would be to spend as much time as possible exploring what my true, overall academic and career goals were. The sooner you know exactly what your targeted career is, the better chance you have of ensuring you are fully prepared for the job market following graduation. Every step you make as a graduate student should involve the question of “how can I take advantage of this opportunity in order to make myself a more desirable candidate for my career of choice?” You should always be on the lookout for opportunities to add skills and experience to your CV/resume that will help you to stand out above all the other candidates in the competitive job market. For those of you in the Biomedical Sciences program, this should also be something you take into account when selecting your lab & mentor since, more often than not, your mentor can play a big role in providing you with networking opportunities in addition to the experience you need, so long as you’ve taken the time to explain your career goals to him/her.”



- Joanna Erion, Biomedical Sciences, Molecular Medicine PhD program

What was your biggest struggle throughout your graduate career? How did you overcome it? If possible, how could a student prepare his/herself to avoid this grief?

“Time management. Before I began my clinical work, I OFTEN stayed up all night working on papers and projects. When I started seeing clients as a practicum counselor, I knew I had to take better care of myself so that I could better serve them. Fortunately, the coursework was less demanding by that time. I would recommend taking small steps leading up toward the completion of big assignments, rather than trying to do it all at once.”

- Traci Westin, Counselor Education, Clinical Mental Health Counseling Track

“Burn out. After working really hard for an extended period of time, it’s easy to get burnt out and feel worthless, especially if your college classmates are getting promotions and landing job offers while you are getting minimally and have virtually no “leisure” time. I overcame the burn out period by balancing myself, getting active, exercising regularly, and finding a new hobby. Only think about your school work during a period of time during the week and save some time for yourself. To avoid this grief, it’s important to build a support network, with other grad students, close friends and family. If necessary, I suggest setting up an appointment at the counseling center. You should also communicate with your advisor if you think the workload is getting too much to handle.”

- Chan Jin, *Biomedical Sciences, Department of Biostatistics and Epidemiology*

“The biggest struggle in graduate school is that one may feel overworked sometimes. The coursework, research work, all in general can be very stressful and thus it is easy to lose motivation. My only suggestion here is to look at the big picture. It is 5 years of struggle versus 50 years of good life that you can get after getting a PhD! Things are never as hard as they seem they are. Keep going and stay motivated with your end goal in mind, that is my ultimate theory.”

- Roshni Thackkar, *Biomedical Sciences PhD, Neuroscience program*

“Being more talkative in class. As some of the courses require group work, learning how to communicate with others, dealing with conflict, overcoming adversity, and building relationships will help you prepare for the program.”

- Zachary Ball, *Masters of Business Administration*

What advice would you give an incoming student about picking a mentor?

“Don’t grab the first person that comes along. Meet every potential advisor/mentor. Interview them to find out what they have to offer you in the pursuit of your educational/research goals. Also, talk to others who have used the mentor/advisor for their perspective.”

- Dawn-Langley Brady, *Doctor of Nursing program*

“All of the faculty are great. Each one of them is open and is free to lend a helping hand when needed. Seeking out advice and/or mentorship from one of your professors is a great idea. You never know who your professors know.”

- Zachary Ball, *Masters of Business Administration*

“You should be well aware of the personality of your mentor and decide if that fits well with yours or not. Every mentor is different from the other and you need to decide if you can fit well in their way of working. You should match in personality with your mentor as well as be comfortable with other lab members. Also, if you know what your career goals are after getting a PhD, make sure you are with a mentor who can help you nurture to become that person you want to be. For example, if you want to teach in the future, make sure you talk it out with your mentor about it and he/she should agree to let you get some teaching experience in the course. If your goal is to join an industry, you might want a mentor who can



help you build a profile like that and also help you network with industry folks. No mentor is good or bad, it's just that everyone is different and you need to find what is the best fit for you. These above mentioned points are more important than the research topic of the lab. Second criteria should be research topic of the lab. Because, you may love the research of a particular lab, but if you do not get along with your mentor or lab mates, it will not be very healthy for your progress.”

- Roshni Thakkar, *Biomedical Sciences, Neuroscience PhD program*

If you are from outside of Augusta, what advice do you have for students relocating here?

“Make friends and realize Augusta is the smallest, large town you may ever find. It's a central hub for many groups of people. Embrace cultural diversity and meet people who are not like yourself; if you do, it'll make you a better person.”

- Lelyand Stone, *Master of Public Health*

“Augusta is a perfect graduate school town. Not too big to distract you, not too small to make you feel left out. People here are extremely friendly and helpful. Even the public safety office is great. If you are an international student coming here for the first time, make sure you are in touch with a senior international student who can show you your way around, how to go about getting SSN, bank accounts, renting etc. It may not be very easy trying to get things done on your own in a new country, without a vehicle and no public transport.”

- *Roshni Thakkar, Biomedical Sciences, Neuroscience PhD program*

“Get involved in groups through the school, such as the Biomedical Student Association, Student Government Association, etc. This will give you a broader support system regarding your schoolwork and professional life. Then try to get involved with groups outside of the classroom, lab, etc. Find a church, join an intramural team, start a book club, or whatever you’re involved with. Having a group outside of school will give you the additional support outside of work and really balance your life.”

- *Sarah Sharman, Biomedical Sciences, Biochemistry and Molecular Biology PhD program*

What do you do for fun when you are not studying, in lab, etc.?

“Go to the gym, eat at the restaurants on Broad street, attend concerts (banjobeque!), attend beer fests and the beer runs (1st Friday beer runs, every Tuesday run w/ Nacho Mama’s), Beerunch on Sat/Sun at World of Beer, run or walk the riverwalk because it’s beautiful, travel to local cities (Charlotte, Atlanta, Athens, Savannah, Aiken, Ashville), hiking, camping, kayaking, tubing in Columbia and Helen, art shows, farmers market, Riverwatch Brewery (Savannah River Brewing coming soon), yardwork, antique shopping (I-20 junking app and Mema had one), cooking, painting, shopping at Final Cut (it’s the only one in the nation!).”

- *Shanna Sowell, Doctor of Nursing*

“When I am not working in lab, I enjoy weightlifting, cooking, and making trips to Clarks Hill Lake with my husband and our dog.”

- *Lauren Prusinski, Biomedical Science, Molecular Medicine PhD program*

“I let my brain rest by watching TV, going outside and doing things like hammocking, walking, playing disc golf.”

- *Brittany Byrd, Curriculum and Instruction Program*

What additional advice would you have for an incoming student?

“I would tell incoming students that it is important to foster and maintain great working relationships with the faculty and staff, especially your academic advisor. Reach out to faculty, they are there to help and guide you, as needed. Also, it is never too late to think about the future direction of your academic and career endeavors after the completion of the program. This career awareness will guide you towards related internship and thesis possibilities.”

- *Samantha Murdaugh, College of Allied Health Sciences, Department of Psychiatry and Health Behavior*

“Graduate school is a completely rewarding journey, you just have to keep your head straight and take it one day at a time- There are moments where the stress can be unbearable, but the rewarding moments (finishing a talk, getting a good review) make up for all of it.”

- *Candace Poole, Biomedical Sciences, Biochemistry and Molecular Biology PhD program*

“Stay focused on what you came here to accomplish and everything else should work out.”

- *Ryan Crislip, Biomedical Science program, Physiology PhD*



Choosing the Right Mentor for You: What Makes a Good Advisor?

*By Krystal Brinson and Preethi Ganapathy with minor revisions
by Joanna Erion, Biomedical Science PhD*

Choosing the right advisor for you just might be the most important decision of your graduate career. Just which mentor is the right mentor for you will differ from which mentor is right for the other students in your program. A mentor that one student decides isn't quite right for him/her just might be a perfect fit for another student. It's your responsibility to determine in advance exactly what is important to you in selecting a mentor and what type of qualities & support you want to look for in a mentor. Do you want a mentor that will support your career ambitions & enable you to network to your fullest capacity? Do you want a mentor who will help you to expand your technical skillset in the lab? Do you want a mentor that will help you to improve upon the non-technical aspects of your field (ie: public speaking, project planning, etc.)? Do you want a mentor who will be fully involved with assisting you with the direction of your project, or would you prefer a mentor who allows you more independence? These are all important points to consider before you make your final decision, but there are so many more factors you should take into account. We have tried to cover the most essential factors below, but we highly encourage you to reach out to senior students in your program to determine what factors they consider essential when choosing a mentor as well as to receive feedback regarding any current faculty you're considering.

Funding

Although research is one of the most exciting fields, without money to perform such needed work, all Nobel Prize worthy ideas will never come to fruition. To have a career in research, funding will be your most important concern on every level starting as a student and continuing into your established scientific career. Thus, selecting a mentor that has sufficient money to support your stipend and research throughout your entire time here at Augusta University as a student is crucial.

Personality

Be cognizant of the personalities of your potential advisor as well as the lab members, if you are in a program that requires you to join a lab. Joining a lab is somewhat like a family with its multiple personalities functioning under one roof. During your matriculation you and your advisor will be making very important decisions regarding your project and graduation so it is best to find an advisor that you can get along with. Most importantly, identify an advisor that you trust. You want an advisor that you feel comfortable confiding in during the years of your training. Make sure that you outline your goals in the beginning to ensure that your potential mentor holds the same values and will be able to help you grow as a professional. In addition to the personality of your advisor, you want to take a look at the personality of your lab or other students that are mentored by the advisor. TGS at Augusta University fosters a collaborative environment so you want to make sure that you choose to work with people that you feel comfortable working alongside.

“Choose your advisor and committee members wisely. I did not initially understand how important each person on my committee would become. Take time, sit down and speak openly with each of them. Ensure you both see eye-to-eye on important topics to help ensure a beneficial working relationship will ensue.”

- Dawn Langley-Brady, MSN, RN, AHN-BC, CHPN, CCAP

Lab size

Take into consideration the size of the laboratory. There are pros and cons to each, including the time you will get to spend one-on-one with your mentor, the number of post-docs and graduate students in the lab, and the amount of independence you will have.

Research Track Record

A mentor that has consistently published journal articles over the past couple of years gives you a good indication of not only their areas of research interest, but their productivity level and their potential for funding in the future. You should do a quick PubMed search on your potential advisor to see how frequently they publish and the quality of the journals in which they publish.



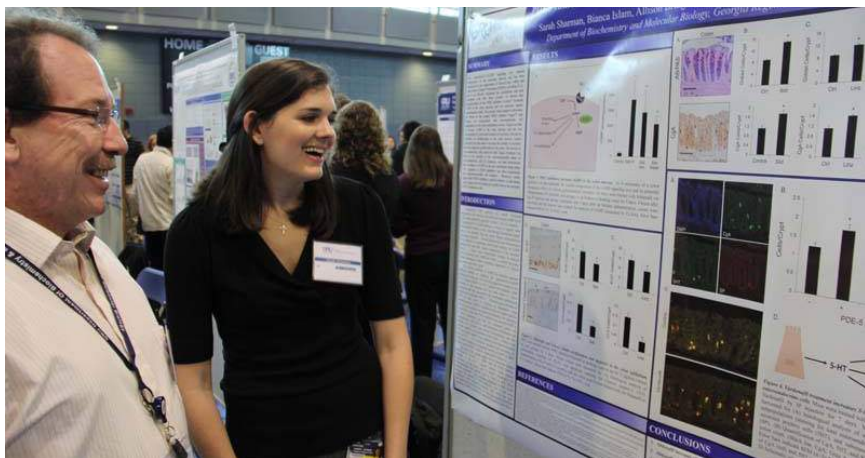
Area of Research

Last, but definitely not least, you will want to determine whether the advisor's area of research is something that interests you. For example, you may find that the experimental techniques conducted in a diabetic nephropathy research lab are appealing to you, but if you absolutely abhor kidney physiology, you may rethink your motives to join the lab. In addition, some of you will come to Augusta University with a clear idea of the topic of research that you're interested in—and this will help you in choosing a lab and research topic quickly, but more importantly it will help motivate you. You'll find that when the project is not proceeding exactly as planned, that your passion for the clinical background of your research will encourage you and get you through these rough patches.

Keep in mind there are different types of mentors outside of you main PI or instructor. You will find mentors in your advisory committee members, collaborators, and other professors you interact with on a regular basis. All of these mentors will help you develop professionally and personally.



On the other hand, what are your responsibilities to your advisor?



A student-mentor relationship is much like all relationships you form in your life – one of the key components of maintaining a healthy relationship is **COMMUNICATION**.

First and foremost, you must establish expectations with your mentor. You must be sure that your mentor has explained their expectations of you as the student and that in return, you have explained your expectations of them as your mentor. Only then, can you move forward in a truly healthy student-mentor relationship, ensuring that you are both on the same page. If you prefer to leave lab by a certain time every day, make this clear to any potential mentor in case they are looking for a student who is able to spend different hours in the lab. If you prefer to be an independent learner, make sure your potential mentor is aware of this in case they prefer to take a more hands-on approach. If there is a particular class, Teaching Assistantship, or annual conference you want to partake in, make sure you let them know from the start! Finding out after the fact that you and your mentor share conflicting expectations will only set you back on your long-term goals.

Additionally, as a student, you must be prepared to work hard and study hard. This may sound cliché but why should an advisor help you when there is no

reciprocation? So as a student you must perform to the best of your ability, accomplish what is asked of you in the time allowed for you, honor your advisor's time commitments (make appointments and be prompt for them), be cognizant of the cost of supplies and equipment and take care to use them correctly and cost effectively, be loyal, and be a good lab citizen.

Additional Opportunities for Ph.D. Students

Teaching Experience

The Graduate School and various programs offer multiple opportunities for students to gain teaching experience. Even if teaching isn't a long-term career goal of yours, it is always a good idea to assume teaching responsibilities to place on your CV/resumé, since most academic positions require a candidate to have had teaching experience, even if the position is primarily research based. Even if you don't intend to remain in academia, teaching experience will make you a more attractive candidate since it indicates experience in public speaking & knowledge sharing.

Teaching Opportunities: Currently teaching opportunities are available for biomedical science and biostatistics PhD students as a combined Graduate Research/Teaching Assistantship (GRA/GTA) position. Biomedical Science students may apply to teach undergraduate biology labs and biostatistics students to teach undergraduate math courses. Students must be prepared for the additional time commitment, but it is well worth the experience and skills gained. This is a great resume booster for any field, and particularly valuable for students who hope to become profess.

Medical College of Georgia (MCG) Histology Course: Graduate students enrolled with the Cellular Biology and Anatomy (CBA) program may apply to teach the Histology class to MCG medical students.

Physiology Practicum Course: Graduate students enrolled with the Physiology program may apply to instruct first year graduate students in the Physiology Course and may be eligible to receive course credit for doing so.

Mentoring Experience

Similar to teaching experience, mentoring experience can be not only rewarding, but a great addition to your C.V. as well. If you wish to obtain mentoring experience, you may do so directly through your lab by mentoring incoming students (ask your mentor if this is an option), or you may work through The Graduate School to mentor exceptional undergraduate students through the following programs:

STAR mentorships: Through the STAR program, TGS introduces exceptional undergraduate students from across the country to Biomedical research at Augusta University. STAR students are individually assigned to participating labs for the summer in order to complete a mini project, presenting their work during a poster presentation at the end of the program. STAR participants provide graduate students with the opportunity to mentor highly motivated, intelligent, and hardworking individuals who very often can contribute to the progress of your current research project. If you are interested in such an opportunity, ask your mentor if host STAR students and if they would consider allowing you to mentor during the summer.

Undergraduate Research Program (CURS): The Augusta University Center for Undergraduate Research & Scholarship (CURS) has established a collaborative effort with TGS to host exceptional undergraduate students seeking research experience in labs on the Health Sciences Campus. CURS students seek labs accepting undergraduate mentees on a year-round basis – these students provide excellent mentorship opportunities as well as extra support with ongoing experiments. If you wish to mentor an Augusta University undergraduate student, speak with your mentor to determine if they would be willing to host a CURS student at no additional cost to the lab (be sure to ask CURS to determine if they currently provide additional funding to cover supply & material costs for CURS research students). If so, your mentor may visit <http://www.augusta.edu/curs/researchopportunities.php> to learn more about the CURS program and to complete a Faculty Submission Form in order to promote CURS students.

Collaborations

One outstanding feature of the Biomedical Sciences program at Augusta University is the highly collaborative atmosphere across scientific disciplines. Establishing collaborations with other graduate students and faculty in different departments can be highly rewarding, educational, and beneficial for you & your graduate studies, particularly if you are able to set up a collaboration that enables you to explore the translational aspects of your research. To determine what type of collaborations are available to you, be sure to expand your knowledge of research interests of faculty in other programs & departments (there are so many on campus, including those affiliated with the Medical College!). Once you've established an idea of what type of collaboration could benefit your project, explore the idea with your mentor who, if interested in establishing a collaboration, can instruct you on the best way of approaching potential collaborators.

Community Outreach

Many programs & departments host annual community outreach programs (ie: Brain Awareness week, Neuroscience program), providing students with the opportunity to practice the important art of speaking to a general audience, in addition to the rewarding experience of giving back to the CSRA community. To determine if your department or program has such opportunities available, just ask your program's director. If no such opportunities exist, consider reaching out to the local community to create an opportunity yourself. Additionally, student organizations have been formed to provide students with just such an opportunity. Visit the Student Life website to view the list of current organizations to identify ones which might offer such opportunities (augusta.edu/student-life/organizations/). Be sure to check with the Biomedical Student Association (BSA) as well to determine what community programs the BSA is currently participating in!



How to Succeed in Grad School

By Sarah Sharman; Biomedical Science, Biochemistry and Cancer Biology PhD program

- 1. Be social.** It can be hard to meet people and make friends if you are not from Augusta. Go to student events, join a student organization, or get involved in intramurals. Once you get a core group of friends, life will go much smoother during grad school. I moved here not knowing a soul, found some people at orientation, we started having monthly game nights during our first semester, and this group turned out to be my best friends throughout my years at Augusta University.
- 2. Start off strong.** Classes can be difficult. Work really hard these first two semesters and it will definitely pay off in the long run. Don't let it pile up until the week before the exam and then try to cram it all in—it just won't work.
- 3. Take time to celebrate your accomplishments.** When you DO take your last final of the semester, finally get that manuscript accepted, or have a positive meeting with your team or advisory committee go out and celebrate! You deserve small breaks and rewards here and there for all of your hard work.
- 4. Find a mentor/advisor early.** Beginning on the first day of classes, start paying attention to the different personalities and methods of different mentors you come in contact with. If you find someone potentially interesting, set up an informal meeting to see if they are willing to mentor students at this time.
- 5. Study for the comps.** If your program has comprehensive exams, begin preparing for them early. It is no fun to have to cram for this important landmark at the last minute.
- 6. Don't be afraid to ask for help!** Get to know the faculty and staff. The Graduate School is really a nice and friendly atmosphere full of people willing to help you, whether it is an academic question or just a random personal question.
- 7. Ask second and third year students for help/advice.** Older students have already been through what you're going through so use that to your advantage. Ask questions about class formats, professors, and ways to get involved. They will be more than willing to help out a fellow classmate.

8. Shop around for textbooks and study materials. There are many places to purchase textbooks, so shop around to save money on books you need for class. Ask older students and check the library first. Check JagCompare to locate the cheapest place to buy your book (whether it be online, or in the bookstore).

9. Learn to budget your time between classwork and research hours. Although classes will consume your life (at least the first few years of the program), it is important to keep your mind thinking about your dissertation. You may only read one article some weeks but it is important to always try to do something related to your research. Timelines are an effective way to make sure you are meeting your goals. Get your mentor to establish time points and landmarks with you so that you have something to work towards but also someone there to encourage you along the way.

10. Set short term goals that you know you can accomplish. One of the hardest parts of graduate school for me is making sure I have enough time in the day to fulfill all my tasks for that day. Setting short term goals allows you to feel that you've accomplished something even though you may be miles from the big picture. This helps keep the light at the end of the tunnel visible and gives one a sense of progress because you are able to mark something off a list.

11. When classes get tough, rely on your classmates for help. At the end of the day there are always going to be concepts you just don't get and concepts you feel really knowledgeable about. This allows you to be a learner and a teacher. Don't be afraid to ask a fellow classmate to explain something to you because chances are at some point you will return the favor.

12. Present your research at national conferences. Talk to people while you are there and make connections. Go to as many sessions as you can and even go to the ones that you don't normally think are interesting. It's a great opportunity to learn about what's going on in the cutting edge of our field, and most people are more than happy to talk to you about their work. They may be of great resource when it's time to look for a job so try to make a memorable connection with them and follow up with them after the conference.

13. Attend and engage in seminar in your department and in other departments. There are so many seminar opportunities on campus every week, sometimes multiple seminars in a day. While you don't have time to attend all of them, it is important to go to the more relevant ones to your project/field of study. Seminar updates you on new science and technology, teaches you different presentation skills, and allows you to meet leaders in the field.

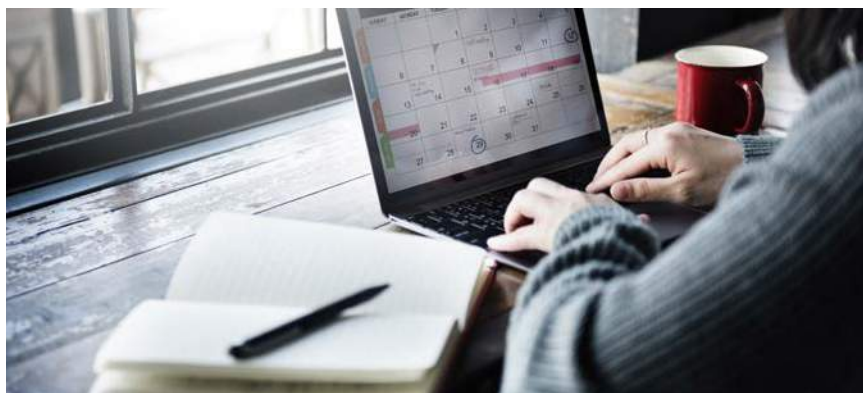
Time Management– Getting the most out of your day

By Sarah Sharman, Biomedical Science, Biochemistry and Cancer Biology PhD program

During the course of your time in graduate school, you will find out that one of the most valuable things you will learn is a little skill called time management. This is especially important early in your education because most programs will be juggling heavy class loads first year along with additional requirements like lab time, internships, group projects, etc. So it is of utmost importance that you learn to manage your time so that you do not go crazy trying to meet deadlines last minute. Below you will find a compilation of tips from students on how they manage their schoolwork, lab work, and also personal life.

“I like calendars and I keep one close at hand always. However, I have a large (2' x 4') dry erase board in my study area. I divide it into columns. Each class gets a column. When I receive my syllabi for my classes I mark all of my deadlines into the corresponding titled columns leaving room for individual correlating assignments to be written in as well. Of course, as you may have discerned already, I am a little OCD, so each class gets their own color. At the beginning of the semester it is a bit overwhelming, but as the semester wears on, the satisfaction of those tasks being crossed off is quite powerful.”

- Deborah Prather, MSN, APRN; DNP Class of 2016



“If you attend school full-time, work, and have a family, you will find it very difficult to manage all well. Develop a plan to shift some household responsibilities to other family members; hire cleaning help; recruit friends for a house-cleaning party, or learn to lower your standards until school is finished. Learn to prioritize. Perhaps you need to stop volunteering for a while, or give up your favorite television shows. Make the moments you share with your family special. They may complain that you spend too much time on your homework, but make sure you don’t miss events important to your family.

- Dawn-Langley Brady, Nursing PhD Program

“My biggest struggle is balancing a personal life with full-time work and full-time classes at night. Managing time and combining activities helps a lot. I use exercise equipment while also reading for class.”

- Kate Crockett, Masters of Education in Counselor Education



Living In Augusta

Necessities of Life

Shopping

Augusta Mall

Mullins Crossing in Evans

Augusta Exchange Shopping Center– Robert C Daniel Parkway

Boutiques downtown

Final Cuts– Washington Road

Grocery Stores (near campus)

North Augusta– Kroger, Publix, Aldi's, Wal-Mart

Wrightsboro Road– near Summerville campus & Augusta Mall

Food Lion, Bi-Lo, Wal-Mart, Kroger

Washington Road– near Augusta National

Kroger, Publix, Fresh Market

Washington Road– Martinez/Evans

Kroger, Publix, Wal-Mart

Restaurants (Downtown)

Nacho Mama's. A laid back Mexican fusion restaurant located in the heart of Broad Street next to Stillwater Taproom. Their food is great and the laid back atmosphere is perfect for hanging out with friends.

Whiskey Bar and Kitchen: An Asian-American fusion restaurant that has unique burger options and stir-fry selections. They have over two hundred whiskeys and a full service bar.

Soy Noodle House: A great place for Korean, Vietnamese, Chinese, Japanese, and Thai dishes. They offer huge portions for very cheap prices so you always leave carrying leftovers, which is perfect for us grad students!

Sole Grill and Sushi Bar: The menu offers sushi, tapas, and burgers but most of it has an Asian flair to it. The restaurant itself is casual yet fun boding a huge outdoor patio.

Beamie's at the River: The perfect place for some good seafood and a beer. Located next to the river, you can grab a bite and then explore the Riverwalk.
Boll Weevil: The best place in Augusta for your sweet tooth! In addition to their amazing cakes, Boll Weevil also serves Southern style sandwiches and main dishes.

The Bee's Knees: A tapas style restaurant that serves sustainable, local ingredients.

Farmhaus: They serve specialty burgers and some of the best fries around. Farmhaus also serves delicious milkshakes, both alcoholic and non-alcoholic.

Frog Hollow Tavern: Upscale restaurant with a seasonal "farm to table" menu.

Mi Rancho: A Mexican restaurant located right next to the Riverwalk.

Hildebrandt's: A family-owned, German deli that has been in business since 1879. While you are eating your lunch you can browse the large antique collection that surrounds you in the dining room.

Mellow Mushroom: Pizza and a wide draft beer list make this a cool place to hangout. The hippie art covering the walls is also pretty entertaining. There is a second location in Evans off of Washington Road that has live music in their bar area on the weekends.

The Pizza Joint: A laid back pizza place that originated in Augusta in 1996. They use fresh ingredients and make their dough fresh each day. They have nightly specials, a full bar, and trivia during the week. There is also a location in Evans.

Restaurants (The Hill)

Abel Brown: Southern kitchen and oyster bar located in Surrey Center. It is pricey, but perfect for a special night out.

Tako Sushi: Takosushi is a casual restaurant with an eclectic menu. They offer Mexican, Southwestern, and Asian fusion cuisine and also have a full sushi menu.

Finch and Fifth: A small restaurant in Surrey Center that serves charcuterie, modern dishes, and craft drinks.

Calvert's: A classic American steak and seafood restaurant located in Surrey Center.

French Market Grille: A Cajun and Creole restaurant with great seafood specials around Mardi Gras and during the summer months. The enclosed patio has a laid back vibe.

Restaurants (The Hill)

Oliviana: Italian restaurant located in Surrey Center. They have a nice Happy Hour and are known for their pizzas and calzones.

Rae's Coastal Café: Rae's is a hidden treasure known mainly to the locals. It is tucked away in a neighborhood but offers delicious Caribbean food. Their jerk chicken is amazing and the whole restaurant has an inviting appeal to it as most of the people in it are regulars.

Village Deli: Located on Wrightsboro Road about 5 minutes from campus, Village Deli is a great place for lunch. They have typical American food, including burgers, sandwiches, and seafood.

Restaurants (Washington Road, near Augusta National)

World of Beer: They offer over 500 bottled beers, plenty of local craft beers on draft, and a delicious menu of tavern fare.

Tin Lizzy's Cantina: A cantina style restaurant offering "FlexMex" cuisine, which is a fusion of Mexican and other cuisines. They have many specialty margaritas, live music, and a fun patio area.

Curry Hut: An authentic Indian restaurant that offers a vast array of dishes from northern to southern India.

Miyako: A Japanese restaurant located in the Kroger shopping center near the Augusta National. They have great sushi and hibachi meals and always run pretty good lunch specials.

T-Bonz Steakhouse of Augusta: An Augusta born steakhouse that has been ranked the 'Best Steak in Augusta' for many years running. In addition to hand-cut steaks they also offer their famous Tommy fries as a popular appetizer and Southern-style rib platters are another crowd favorite. They have two locations, one on Washington Road near the National and the other off of Washington Road in Evans.

Rhineharts: Described as a "down-home shack serving paper-plated, Southern-style seafood" Rhineharts is a very casual place to go eat seafood. They have specials most nights of the week. Both the Washington Road and Martinez locations have large outdoor patios which can be nice on a warm Augusta night. .

Restaurants (Evans / Matinez)

The Carolina Ale House: The perfect spot to watch sports games and enjoy bar food and drinks! They have a huge screened in patio that's great on warm days.

Pho Bac: A Vietnamese restaurant known for their pho and other noodle soups.

Twisted Burrito: Midwestern cuisine prepared with an American twist! They offer specialty crafted burritos, salads, burrito bowls, and a bar with craft beers.



Izumi Japanese Buffet: This is the best Japanese buffet in Augusta. They have a sushi buffet with two chefs constantly making fresh sushi. There is also a stir fry station and a hot bar with your typical Chinese and Japanese dishes.

Veterinarians

St. Francis Animal Hospital: 2647 Perimeter Parkway

Paradise Animal Hospital: 3998 Belair Road

Aidmore Anical Clinic: 1701 North Leg Court

Highland Animal Hospital: 2124 Highland Avenue

Hammond Hills Animal Hospital: North Augusta

Dogwood Park Animal Clinic: Offers low-cost spay/neute

After-hours Clinics

MedNow Urgent Care: 2851 Washington Road

Kids Prompt Care: 1456 Walton Way A

Urgent MD: 3686 Wheeler Road

Perfect Health Urgent Care: 4244 Washington Road

University Hospital Prompt Care: 447 N Belair Road

Outdoors and Sports

By Samuel Herberg & Joanna Erion, Biomedical Science PhD program

The Augusta Canal

Augusta is fortunate to have two easily accessible waterways right in town. The Augusta Canal and the Savannah River run parallel to each other and provide quick and convenient outdoor fixes.

Built in 1845 as a source of power, water and transportation, the Augusta Canal is the only intact industrial canal in the American South in continuous use. During the Civil War it was the site of the Confederate State of America Powderworks complex. Deepened and widened in the 1870s, the canal brought an industrial boom to the city, especially in textile manufacturing. In 1975 the Canal and its mills were listed on the National Register of Historic Places and declared National Historic Landmark in 1978. In 1996 the United States Congress designated the Augusta Canal and nearby land a National Heritage Area.



The Augusta Canal boasts a fantastic trail system, including a wide, level towpath, once used by mules to pull canal boats to the headgates, today is a popular recreational trail for hikers, cyclists and runners. Additional trails into wooded and urban areas add variety to the outdoor experience. Canoers and kayakers can put in at several points and enjoy both the natural and urban scenery.

For comprehensive information on the Augusta Canal Trail System and activities available, visit <https://augustacanal.com/visit-activities.php>

For an extensive map of the Augusta Canal Trail system, visit <https://augustacanal.com/canalmap.pdf>

Other nearby hiking and biking trails include the North Augusta, S.C. Greenway (cross the Savannah River at 13th Street) and the Columbia County multi-use trail in Evans (from Headgate/ Savannah Rapids Park, follow path by Evans-to-Lock Road southwest).



Petersburg Boat Tours

See things from a different point of view as you tour the Augusta Canal on a Petersburg Boat. Well-informed, entertaining guides narrate the open-air trips. You'll see 19th Century textile mills, the Confederate Powder Works site and two of Georgia's only remaining 18th Century houses. And you might spy wildlife including heron, otter and even the occasional alligator. The 40-passenger open boats depart from the docks at Enterprise Mill.

Canal Heritage One-hour tour. One-hour tours depart several times daily and travel about half the canal's length. Your guide provides an informative and entertaining narration of the key historic sites, points of interest and the canal's plant and animals.

Three-hour Sunset Cruise. This full-length canal tour departs each Saturday from late March through November. A leisurely trip to the Headgates with a half hour stop at Savannah Rapids Park followed by a twilight return to Enterprise Mill. Scout for sliding turtles and river otter as your lively tour guide narrates tales of Augusta's past and present. This tour is geared to adults. Passengers are invited to bring aboard refreshments of their choice.

Moonlight Music Cruises. Enjoy live music in a variety of styles - each Friday in April through June and again from September to early November featuring performances from blues to bluegrass. Bring aboard your refreshments of choice. These highly popular cruises frequently sell out, so reservations are strongly recommended.

Special Events. Throughout the year special themed cruises and other interesting activities are planned.

Private Charters. Companies, conventions and families can enjoy a Petersburg boat tour all to themselves with a private charter.

The full list of cruises & current schedule can be found at <http://augustacanal.com/boat-tours.php>

The Savannah River

The Savannah River is a major river in the southeastern United States, forming most of the border between the states of South Carolina and Georgia. Two tributaries of the Savannah, the Tugaloo River and the Chattooga River, form the northernmost part of the border. The Savannah River drainage basin extends into the southeastern side of the Appalachian Mountains just inside North Carolina, bounded by the Eastern Continental Divide. The river is around 350 miles long. Two major cities are located along the Savannah River: Savannah, Georgia, and Augusta, Georgia. They were nuclei of early English settlements during the Colonial period of American history. Also, the two large cities on the Savannah served as Georgia's first two state capitals. Thus, as the name implies, this river will take you to Savannah, if you're well equipped and motivated. In dry months, the river can be pretty low and rocky, but still offers manifold opportunities for having fun canoeing, kayaking, and tubing it. There are some laid back Class 1 rapids and, after a good rain, a decent Class 2, which is river left and about half a mile past the meadow. Below the Class 2 the river smooths out, large houses appear on the South Carolina bank, and motorboats frequent the area (stick to the river right!).



Parks and Greenspaces

In addition to the Canal area, the CSRA boasts a wide variety of parks & greenspace where you can get outside and enjoy the fresh air and sunshine. Some of the more popular locations include:

The Augusta Riverwalk: Enjoy the site of the Savannah River while walking/jogging along a well-maintained path. The Riverwalk may be accessed by parking downtown, and walking towards the river.

Pendelton King Park: Take your pup to the off-leash dog park, enjoy a round of disk golf, feed geese & ducks in a small pond, take your kids to the playground, bird watch, or walk/jog around a cross-country trail. 1600 Troupe Street; Augusta, GA 30904

Evans Towne Center Park: At this park, you can find a large splash-pad for kids next to the most popular playground in the area. At the rear of the park is an off-leash dog park for your four-legged kids. This park is a popular spot for annual festivals, concerts, markets, and a variety of events. Visit <http://evanstownecenterpark.com/> for a full listing of current events.

Savannah Rapids Park: This is a primary access point for the Augusta Canal Trail, but you may also visit here for a casual day outside to picnic and observe the Savannah Locks Dam and Reed Creek Falls. 3300 Evans to Locks Road; Martinez, GA 30907



North Augusta Riverview Park: Start here to access the North Augusta Greenway Trail, 7+ miles of paved recreational area converted from an old railroad bed. The park is also the site of a disk golf course; a recreational athletics building with basketball, fitness equipment, and racquetball courts; Savannah River access points; and softball/baseball fields. 100 Riverview Park Drive; North Augusta, South Carolina 29841

Phinizy Swamp Nature Park: Phinizy Swamp contains a network of trails for hiking & wildlife observation as well as a nature center where adults & children can learn about the area's natural resources. They also host monthly guided swamp hikes, campouts, and other family events. <http://phinizycenter.org/events/>

Reed Creek Nature Park Interpretive Center: Reed Creek Park is small, but a great find for those with families as well as the solo nature lover. It consists of a short loop of boardwalk and trails through a wooded flood zone where you have the opportunity to observe local wildlife. There is also an educational center and family-friendly event schedule available.

These are only a few of the many recreational facilities in the area. To learn about more of the abundant facilities in the CSRA, visit the local Parks & Recreation department sites for each local county:

Richmond County: augustaga.gov/645/Recreation-Parks-Facilities

Columbia County: columbiacountyga.gov/government-/departments-l-r/parks-recreation-department

North Augusta: northaugusta.net/departments/parks-recreation

Camping & The Great Outdoors

There are many great camping opportunities within just a short drive of Augusta. Head north to enjoy Lake Thurmond, where you can find an abundance of campgrounds and recreational opportunities in both Georgia and South Carolina. Head south where you can discover Magnolia Springs State Park – a perfect representation of the Southern outdoors, including alligators! Take a weekend to drive northwest to enjoy the North Georgia Mountains or to drive east to enjoy camping near the beach in South Carolina. For a complete listing of campgrounds & facilities in both Georgia and South Carolina, visit the following sites:

<http://gastateparks.org/find/>

southcarolinaparks.com/park-finder/state-park-finder/

Hiking and Biking in and around Augusta

Augusta occupies a prime location with access to many outstanding outdoor opportunities in addition to the before mentioned Canal and Savannah River offering a variety of beautiful trails (see Paths and Trails above). A number of local and state parks in close proximity offer great hiking trails, picnic areas, camping grounds, and if located on a lake, even water fun of any kind (see “Parks and Greenspaces” and “Camping and the Great Outdoors, above).

Some popular locations for trail hikes/runs include: Mistletoe State Park (GA), Bartram Trail (GA), the Forks Area Trail System (SC), Hitchcock Woods (SC), Blanchard Woods cross-country trail (GA), and Phinizy Swamp.



Furthermore, the North Georgia Mountains are only 3.5 hours away, offer stunning views, and are home to the southern terminus of the 2175 mile Appalachian Trail, Springer Mountain. Amicalola State Park near Spring Mountain along highway 53 is another great place to spend a sunny fall afternoon. Day hikes and multi-day hikes can easily be organized out of Dahlonga or Helen, GA along the Appalachian Trail or various side trails.

If you enjoy riding bicycles, Augusta boasts an excellent cycling community. There are many bike trails in the Augusta area including the Augusta Canal Towpath, Bartram Trail, Stevens Creek Trail, North Augusta Greenway, Forks Area Trail System (FATS), and even BMX tracks conveniently accessible and perfect for some adventures on your mountain bike. Next door, the country roads of South Carolina provide a quiet and safe place to explore the countryside on your road bike. If you don't mind driving for a little bit, the nearby North Georgia Mountains also provide amazing roads for challenging road cycling and great trails for mountain biking.

All three local bike shops have group rides for mountain & road biking and provide great opportunities to enjoy some fresh air on two wheels in good company, no matter if you are a serious racer or if you want to discover cycling for the first time. Just go! Of note, due to the increasing number of triathletes in the Augusta area, all shops heavily geared up to accommodate the needs of these individuals as well.

Local group rides: All of the bike shops in town host weekly group rides. Check out their websites for the latest schedule.

Outspokin' Bicycles: <http://outspokinaugusta.com>

Andy Jordan's Bicycle Warehouse: <http://andyjordans.com>

Chain Reaction Bicycles: <http://chainreactionbicycles.net>



Enjoying Other Sports

As you all know, not everybody likes to swing the paddles sitting in a boat, to hike rocky trails or to bike into the sunset. What if plain running or swimming, playing tennis, soccer, basketball, volleyball, softball, golf or disk golf, or just good old gym work out is your thing? Well, the good news is, there are plenty of opportunities for everything! However, the following is by no means a complete list since at the end of the day it really depends on you!

-Running: Several running groups meet at different times at various locations. This is a great way of meeting other athletes! And let's face it - running by yourself can become extremely boring after a while. For information about local group runs and upcoming races, visit the Augusta Striders website: <http://www.augustastriders.com>. If running solo is your thing, there are many great places for that - including the canal trail system, the Riverwalk, the North Augusta Greenway (check out Brick Pond Park for a nice relaxing detour!), any of the hiking trails mentioned previously, and various neighborhoods around town. Go for a jog in the Hill area for a really great hill climb and finish up by jogging around the Summerville campus.

-Swimming: The Augusta Aquatics Center offers a 50-meter pool for lap swimming and a 25-yd pool for recreational swimming. You can pick up a 12 visit swim pass for \$10 at the Wellness Center. The Kroc Center gym has a pool that is open at limited times for lap swimming in addition to a splash pad for kids. The Family Y on Wheeler Rd. has a large pool for lap swimming as well as an outdoor pool.

-Tennis: Newman Tennis Center offers 18 hard courts of which 12 are lighted.

-Soccer: Augusta Soccer Park/ Arsenal Soccer; Augusta Amateur Soccer League (AASL)

-Rowing: Augusta Rowing Club: <http://augustarowingclub.org/>

-Golf: Augusta is not only home to the most prestigious course in the US, but there it also offers plenty of course options across many price ranges. For more details see golfink.com/golf-courses/city.aspx?dest=Augusta+ga

-Disk Golf: Augusta is home to many great disk golf courses. Pendleton King Park, Lake Olmstead, Riverview, and the PDGA International Disc Golf Center at Wildwood are a few of the popular ones. For a more extensive list, visit augustadiscgolf.com/courses.html.

-Gyms: For information regarding local gyms, please reference the “Get Fit: The Wellness Center” excerpt under “Student Resources”

-Kayaking/Canoeing: The Augusta canal and the Savannah River are prime spots for paddling the day away. Rent a craft from a local outfitter or bring your own! Also, check out the popular annual event the Benderdinker, a paddlefest featuring food and music on the river: <http://benderdinker.com/>



Intramural Sports

By Merry Ma, Biomedical Science, Neuroscience PhD program

Having such a large population of students from both undergraduate and postgraduate programs results in a diverse and enriched intramural (IM) sports leagues. IM sports offer Augusta University students, faculty, staff, and spouses the unique opportunity to play together in sports leagues and tournaments. The recreational activities are for people of all skill levels! Our school uses the IMLeagues.com service for registration. Depending on the sport, you have options to sign up as a part of a team of your friends or to sign up as a free agent and be placed on a team needing more players. Either way, it's a great way to meet students from different programs. Winners of each league/tournament receive a free champion shirt! Some sports that were offered these last few years:

Spring: Softball, futsal, flag football, dodgeball, basketball, badminton, ultimate Frisbee

Summer: Sand volleyball

Fall: Volleyball, tennis, table tennis, kickball, futsal, flag football, dominoes, disc golf, basketball, soccer

If the Augusta University Intramural schedule doesn't suit you, there are also local intramural leagues you can participate in.

<https://www.augustasportsleagues.com/>
augustasoccer.com/

Life Outside of School

By Katie Spitler with revisions by Joanna Erion; Biomedical Science PhD

We all know starting a new program of study is stressful. Your first year might be class intensive, program intensive, training intensive...etc. It will take a while to get into a rhythm of studying, working, drawing and everything else that happens during your first year. But...hopefully you will be able to find some time to have a little fun. Unlike undergraduate, your friends here are mainly your 1st year classmates and your fellow colleagues. My first year class and I would usually enjoy lunches together at the Student Center or venture over to the hospital via the Pavilion III (CJ building) third floor connector. Although it may seem like you won't have time to kick back and relax, remember that in order to be good at something sanity is needed, so taking a break every now and again really will help you out in the long run. You will be much less stressed out if you take some time for yourself as well. I love doing the group exercise classes at the wellness center, they can be quite the work out but it is a great thing to help work off some steam and stay healthy. Once you get into your rhythm of studying you'll discover the right amount of free time for you.

Annual Sporting Events

By Ryan Crislip, Biomedical Science, Physiology PhD Program and John Croy, Master of Business Administration

Augusta hosts several sporting events and is home to a prestigious professional golf major championship. Here are a few events in which you can participate or spectate - for more information on these and additional events visit www.augustasportscouncil.org.

The Masters Tournament: The Masters is a major championship in professional golf that is held at Augusta National Golf Club located in town on Washington Road. Each year in April, there is a vibrant change in the city as visitors come from all over the world to attend this tournament. This private course only open to the public the week of the tournament provides a unique experience for the lucky patrons that get to attend. Each year you can apply for a chance to get tickets on the tournament's website (<https://tickets.masters.com>). Additionally, Augusta University students are offered the unique opportunity to work at the Masters Tournament, which always coincides with the University's spring break holiday. An email is sent to all students in the fall semester including a message with a special link for the applications process. For more information, contact Augusta University Career Services (<http://www.augusta.edu/careerservices>).



Ironman 70.3 Augusta: Augusta hosts “North America’s Largest Ironman 70.3 Event” each September. Professional and amateur athletes compete to complete a 1.2 mile swim in the Savannah River, a 56 mile bike ride through South Carolina, and finishing with a 13.1 mile run through downtown Augusta. If you visit downtown during the race, you’ll have the chance to cheer on the athletes as well as partake in the festivities that follow the race. Anyone is welcome to register and participate in the race, in fact, past graduate students have balanced their time with their respective program and with triathlon training to compete in this race. There are several local training groups that can help with the preparation for the race. www.ironman.com



Augusta University Half Marathon, 10K & 5K: Another sporting event held by Augusta is the annual Augusta University Half Marathon. This event allows runners to navigate a scenic route through Augusta’s historic downtown and Summerville areas. Students often participate in this event every February and recruit one another to form a running group. www.augustahalf.org

Fun and Games

*By Ryan Crislip, Biomedical Science, Physiology PhD Program and
John Croy, Master of Business Administration*

If you just want to get out and enjoy a day of fun, Augusta offers several locations for bowling, skating, putt-putt, and even a trampoline park! These include, but are not limited to:

Putt Putt Fun Center- Attractions include miniature golf, lazertag, a game room and batting cages. There are daily specials. (<http://puttputt.com/augusta/>)

Brunswick National Lanes: Bowling (<https://www.bowlbrunswick.com/location/brunswick-zone-national-lanes>)

Red Wing Rollerway: roller skating (redwingrollerway.net/)

Airstrike Extreme Air Sports: trampoline park (airstrike.info/)

Active Climbing: Indoor rock walls and ninja warrior course (<http://activeclimbing.com/augusta/>)

Riverwatch Luxury Cinemas: Movie theater with first-class airplane-style reclining seats. But buy tickets early, because you must reserve your seat(s).

Master's Cinema: Discounted movie theater (\$2.50) that shows new movies that have left the regular theater but have not yet been released on DVD. It is a good way to save money but still see movies on the big screen.

The Big Mo: A drive-in movie theater located in Monetta, SC (about a 30-45 min drive from Augusta). For \$8 per person you can park your car at one of the three screens and watch a double feature. The drive in offers new movies as soon as they are released. You can bring in your own food and drink. <http://thebigmo.com/>

Be sure to check the websites of any place you'd like to visit to see if they host special nights with discounted rates for students.

Music & Theatre

By: Becca Ward, Biomedical Science, Neuroscience PhD Program

Symphony Orchestra Augusta: This is a group of Augusta's most talented musicians that play a wide range of music at various venues. <http://soaugusta.org/>

Augusta Choral Society: As the symphonic chorus of Augusta, this community choir performs an array of music through four concerts each year. augustacs.org/

Augusta Ballet: The Augusta Ballet's choice of programming is far reaching yet relatable to today's audiences. augustaballet.org/

Augusta Players: An award-winning non-profit community theatre organization dedicated to presenting the highest quality theatrical productions. Their purpose is to create an artistic environment that attracts and excites diverse members of the community to draw new audience members. <http://augustaplayers.org/>

Garden City Jazz: Presents regular jazz events, including Candlelight Jazz weekly throughout the summer. Remember to bring your own seating and picnic. gardencityjazz.com/

Augusta University Maxwell Theatre: Features various University and community hosted events throughout the year. augusta.edu/maxwelltheatre/index.php

Augusta Entertainment Complex: Features various high-profile bands and performances year-round. augustaentertainmentcomplex.com/

Evans Towne Center Park: A popular spot for annual festivals, concerts, markets and a variety of events. <http://evanstownecenterpark.com/>

Sky City: A popular music venue in downtown Augusta with a variety of concerts. <http://skycityaugusta.com/>

Sacred Heart Cultural Center: Features various musical and art events throughout the year. <http://sacredheartaugusta.org/>

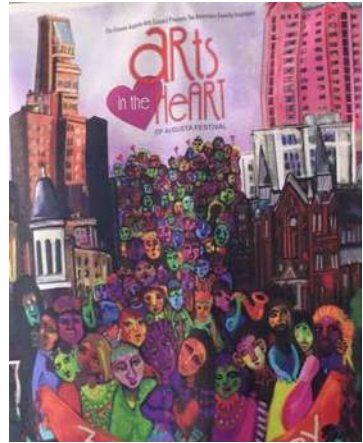
Imperial Theatre: This venue has a wide range of musical acts and theatre productions throughout the year. imperialtheatre.com/

Annual arts & culture events

*By Ryan Crislip, Biomedical Science, Physiology PhD Program and
John Croy, Master of Business Administration*

Augusta has a very active art community with several festivals to promote growth and support, including the events listed below. Information on these and additional events can be found in The Metro Spirit or on these websites: <http://metrospirit.com/>, www.augustaarts.com.

Arts in the Heart of Augusta: This festival takes place in downtown Augusta in mid-September and offers a wide variety of attractions to celebrate diversity and culture. Fine arts and crafts stands, multiple stages with live entertainment, and a village of vendors selling food from around the world line the streets for this weekend-long festival. Whether you want to support the local art community or enjoy entertainment and food from around the world, this family friendly festival is worth the cheap admission. <http://www.artsintheheartofaugusta.com/>



Westobou Festival: Westobou Festival is an annual multi-arts festival dedicated to enriching the culture and social energy of the area. This event includes performances, exhibitions and screenings from the very best in music, dance, film, spoken word and visual arts. This five-day gathering pushes creative boundaries and encourages conversation. Westobou also hosts a free, year-round exhibit downtown at 1129 Broad St, Augusta, GA 30901. <http://westoboufestival.com/>



Sacred Heart Garden Center and Festival: This is an annual festival held every spring to celebrate gardening. The organization offers garden tours and exhibits and is located downtown. sacredheartgardenfestival.com/

Hispanic Festival: Since 1992, ACHA has been the organizing association of the well-known “Hispanic Festival” in Augusta, Georgia, held every October. Year after year we have put great effort to extend to the community a festival worthy to be celebrated and remembered. This festival provides folkloric group shows, musical performances, authentic food stands from several Hispanic countries, arts and crafts, night dancing in the street, and activities for children and the whole family. elcervantino.org/

Greek Festival: An annual event held at the Holy Trinity Greek Orthodox Church on Telfair Street. Every year the grounds are transformed into a Greek village, offering shopping, music, dancing, tours, Greek beer, wine, and food.

Papa Joe’s Banjo-B-Que Music Festival: Banjo-B-Que is a music festival and barbeque cooking competition that is held during Memorial Day Weekend in Evans, GA. Voted as one of the best barbeque festivals in the USA, Banjo-B-Que showcases Rock and Bluegrass music, barbeque sold by the competitors, craft beer, pig races, and several kid attractions such as a petting zoo. There is even a devoted area for camping during the event. Information on tickets or volunteering for the event can be found on their website. <http://banjobque.com>



Nightlife

By: Sarah Sharman, Biomedical Sciences, Biochemistry and Cancer Biology PhD Program

Augusta is the second largest city in Georgia and has a pretty fun, diverse nightlife scene. Whether you like a casual pub, a loud nightclub, or a calm tapas bar there is a place for everyone once the sun goes down in Augusta. We even have our own brewery now! Because Augusta is such a large city, there are multiple areas where you can venture out: downtown, the Hill, and Martinez/Evans.

DOWNTOWN

Stillwater Taproom: This is a fun bar that is known for its rotating selection of craft beer and nightly drink specials. Pool tables and dart boards make the upstairs area a cool place to hang out and drink beers with friends. They also have local bands playing on most weekends.

Soul Bar: Buzzing, enduring nightspot with funky decor featuring themed DJ dance nights & a full bar.

Craft and Vine: A small tapas bar featuring hand-crafted cocktails, an elegant wine selection, and gourmet small plates. The inside décor makes it feel like a Prohibition-era lounge with a mixture of old wood and modern metal.



The Hive: A new taproom located next to the Bee's Knees, the Hive Growler Bar has 78 rotating taps and offers a full menu of appetizers and sandwiches. The beer list is so large that you can view the live updated list on an iPad that your waiter brings to the table. Definitely one of the best places to get craft beer in Augusta. You can also buy growlers of beer to take home.

Sole: Sole is a restaurant by day, club by night. They offer small bites, sushi, and burgers, as well as some pretty good craft cocktails. The large, outdoor patio is host to pool tables, corn hole boards, and a big screen projector, with a fire pit during the cold months.

Sky City: Drinks and live music venue featuring a mix of local, indie, and national artists.

Southbound Smokehouse: A casual barbeque restaurant that also has live music and trivia throughout the week. The outdoor patio has corn hole and a big tv for watching football during the fall. There is also a fire pit for those few days where it gets cold in the winter.

Fox's Lair: One of Augusta's hidden nightlife gems and possibly the coolest place you'll never find. Fox's Lair is located in an intimate brick and wood bar beneath the Olde Town Inn on the edge on downtown Augusta. They offer a full bar selection, with relatively cheap prices and live music most weekend nights. A pretty laid back atmosphere compared to most of the downtown bars.

The Highlander: Located in North Augusta right over the river, the Highlander is a British pub that serves traditional pub fare with a full service bar. They usually have live music on the weekends.

Riverwatch Brewery: A new local brewery located 5th Street downtown that offers four core brews in addition to experimental and seasonal brews. You can take tasting tours at the brewery itself or enjoy one of their beers at most of the local taprooms and bars.

THE HILL

Indian Queen: Located on Wrightsboro Road, Indian Queen is away from all the hustle and bustle of the downtown scene. The building itself was home to an old gun shop, and has much of the same architecture and memorabilia represented. It is a very chill vibe, with a laid back atmosphere. They offer craft cocktails and beer, and usually draw in a pretty big graduate school and medical school crowd on the weekends.

Arsenal Taproom: Arsenal Taproom is located about a block from Indian Queen on Monte Sano Avenue. It is a taproom with a large craft beer selection but also offers gourmet grilled cheese as their other main selling item. It is a smaller place, with rustic décor throughout. There is a side patio with a few tables that is perfect if you have a larger group.

Helga's: The main hangout for Augusta's medical students. Helga's is a laid-back neighborhood joint with trivia nights, a large selection of beer on tap and in bottles, and great bar food.

THE HILL

Surrey Tavern: A local spot dating back to the 1970's, known for its live music and laid back vibe. They offer karaoke, live music, and a dance floor.

A Surreal at Surrey: This is a nightclub on the upper level of the Surrey Center. There are DJs most nights, with occasional live music. It is a high-energy nightclub and lounge.

MARTINEZ/EVANS:

Country Club Dance Hall: Located in a shopping center off of Washington Road, the Country Club may not seem like the most exciting choice for a night out but once you're inside you'll know the looks aren't everything. The Country Club has three bars, a huge dance floor, a stage where bands play every weekend, and large seating areas if you get tired from dancing. They offer swing dancing classes early in the night, transition into usually a live rock or country band until midnight, then the dance floor turns into your typical dance club.

Robbie's Sports Bar: Robbie's is an old school pool hall with bar food and cheap beer. There are a bunch of dollar pool tables so it is great for a cheap, fun night out.

Chevy's Nite Club: Chevy's is tucked away in the corner of a small strip mall on Washington Road. This is a great place to go dance with your friends! The patronage does tend to be a little on the older side but their music choices are more in line with the younger crowd. Booths and tables off of the dance floor also make it a great place to go for a casual drink.



Day and Weekend Trips

By Megan Sullivan, Master of Public Health

Luckily you can get places in Augusta pretty quickly from the Augusta University area. Augusta is the 2nd largest city in Georgia and has quite a bit to offer. You'll find plenty of quaint shops, restaurants, and active nightlife. But if that doesn't quench your thirst for adventure we are less than 3 hours away from Atlanta, Charleston, Savannah, Athens and the mountains.

Athens, GA: 97 Miles, 1 hour & 50 minutes

Attractions:

Bear Hollow Zoo
State Botanical Garden
The Georgia Theatre

Wild Rumpus Parade
& Spectacle
Athen's Wine Weekend

South Kitchen + Bar
Sandy Creek Park

Downtown:

Nightlife
Music/Food Festivals
Restaurants
Shopping

Historical Tours:

Georgia's Antebellum Trail
Ware-Lyndon House
T.R.R. Cobb House
Birchmore Trail
Seney-Stovall Chapel

Sports:

University of Georgia

Events:

Athens Popfest
UGA International
Street Festival

Restaurants:

Mama's Boy
Last Resort Grill
The National Restaurant
Cali N Tito's

Near Athens:

Lake Lanier
Lanier World
Water Park
(Buford, GA)
Zip Lining
North Georgia
Canopy Tours
(Lulu, GA)

Good website to look for events:

visitathensga.com/events/

"It's Saturday in Athens! Athens is home to the University of Georgia and fills with students and alumni on football Saturdays in the fall becoming a great environment for college football fans. However, the town has so much more to offer other than a great game day experience. Athens has a rich history with several landmarks to visit as well as a botanical garden. It is a college town with a beautiful campus and a lively downtown area to explore. Often voted as the #1 College Music Scene in America, downtown Athens contains intimate venues where local musical acts entertain, in addition to countless bars, eclectic stores, and unique restaurants.

- Ryan Crislip, Biomedical Science, Physiology PhD program

Aiken, SC: 20 miles, 30 minutes

Attractions:

Hopelands Gardens
Aiken County
Historical Museum
AECOM Center
for Performing Arts
Aiken Community
Playhouse
Aiken Thoroughbred
Racing Hall of Fame
and Museum
Aiken State Park

Events:

Aiken's Makin'
Steeplechase
Farmers Market
Bluegrass Festival

Historical Tours:

Trolley Tour
Tailored Tours of Aiken

Restaurants:

The Alley-
Trio Bar & Kitchen
Takosushi
Alley Taproom
Aiken Brewing Company
Mellow Mushroom

The Pizza Joint
Una Mas Taqueria
Betsy's on the Corner
Casa Bella
New Moon Café
The Stables

Sports:

USC Aiken

Good website to look for events:

visitaikensc.com



Student Perspective on Aiken

by Sarah Sharman, Biomedical Sciences, Biochemistry and Cancer Biology PhD program

A short, 30 minute drive east on I-20 will bring you to Aiken, SC- a perfect place for a day trip! The downtown area of Aiken is filled with quaint boutiques, art shops, and plenty of delicious restaurants and cafes. Aiken is known as an equestrian town, so you can spot beautifully painted horse statues throughout downtown. Aiken also boasts one of the largest urban forests in the nation, called Hitchcock Woods. It has 65 miles of trails that can be accessed by equestrians, bikers, hikers, and runners. My classmates and I have hiked there many times and keep finding new trails each time we go- it is a must see if you are into outdoor adventures!

Aiken also hosts many festivals throughout the year including the Aiken Steeplechase in the spring, the Aiken Bluegrass Festival, Oktoberfest in the fall, and Aiken's Makin' which is a huge arts and craft festival. I would definitely recommend making a day trip to Aiken while you are in Augusta for graduate school!



Columbia, SC: 77 Miles, 1 hours & 15 minutes

Adventure Carolina:

Kayaking
Canoeing

Attractions:

Columbia Canal &
Riverfront Park

Columbia Museum
of Art

Finlay Park

Riverbanks Zoo and
Botanical Garden

South Carolina State
Museum

Breweries:

Conquest Brewing
Company

River Rat Brewery

Swamp Cabbage
Brewery

Colonial Life Arena:

Concerts
Sporting Events
Family Shows

Live Music/Concerts:

Nickelodeon Theater

Minor League Baseball:

Columbia Fireflies

Restaurants:

The Southern Belly BBQ

The Devine Cinnamon

Roll Deli

Liberty Tap Room

Pearlz Oyster Bar

Cantina 76 Main Street

Sports:

University of
South Carolina

University of
South Carolina:
USC Horseshoe

Williams-Brice
Stadium:

University of South
Carolina Gamecocks
Football

Tours:

Columbia Food
Tours

Good websites for events:

columbiacvb.com/events/

<http://eventful.com/columbia/events/categories/music>



Student Perspective on Columbia

by Sarah Sharman, Biomedical Sciences, Biochemistry and Cancer Biology PhD program

Columbia is a really good place for a day trip because it is only about an hour drive and has plenty of fun things to do when you get there. I am from out of town so when my family comes to visit we like to take short weekend trips around Augusta. We went to Columbia for a night and a day and had a great time! There are three breweries within a short distance of each other that offer some really great craft beer—my favorite was RiverRat brewery and their Hazelnut Brown Ale. There was a cute downtown area near USC's campus where we went shopping in some cute boutique and specialty stores. A trip to the Riverbanks Zoo and Botanical Gardens rounded out our trip. Columbia is also a pretty big stop for a lot of music tours so if you're into attending concerts, make sure to keep Columbia on your radar!



Atlanta, GA: 147 miles, 2.5 hours

Attractions:

Centennial Olympic

Park:

CNN Center
World of Coke
Georgia Aquarium
Atlanta Zoo

Phillips Arena:

Concerts & Sporting
Events

Piedmont Park:

Park Tavern
Ice skating in winter
Live music in summer

Six Flags over Georgia

State Capitol

Neighborhoods:

Buckhead:

Night Life

Little Five Points:

Eclectic shopping

Restaurants

Midtown:

Shopping (Ikea)

Fox Theatre:

Musicals and Plays

Concerts

Lenox Mall

Phipps Plaza:

Shopping, Restaurants

Restaurants:

Fogo De Chao

Antico Pizza Napoletana

Sushi Hayakawa Watershed
on Peachtree

Houston's Steakhouse

Cheesecake Factory

California Pizza Kitchen

Sports:

Professional:

Atlanta Falcons Football

Atlanta Braves Baseball

Atlanta Hawks Basketball

Atlanta United FC Soccer

Sports: College:

Georgia Tech

Emory

Georgia State

Good website to look for:

Food Festivals:

atlanta.net/events/food-wine/

Music Festivals:

exploregorgia.org/list/10-cant-miss-atlanta-music-festivals



Student Perspective on Atlanta

By: Sunni Losito, Medical Illustration Masters Program

When you are looking for both exciting daytime activities but also want a night out on the town, Atlanta is the way to go. During the day you can peruse through the High Museum of Art and see the current exhibitions on display, play frisbee in Piedmont park, or try out one of the countless delicious restaurants Atlanta has to offer. I personally love going to Der Biergarten. It is a yummy authentic-style German restaurant with great outdoor seating. Try their Jager Schnitzel and a glass of Weigenstephan Vitus beer if you go! If you are in the mood to shop, or if you're like me just window show, I highly recommend walking through Ponce City Market right off the Atlanta beltline. There are countless shops from apparel to home décor to yoga studios. Plus, there is a great dining hall with plenty of tasty options!

Now if you are more of a night owl and want a bit more of nightlife than Augusta has to offer, trust me when I say there are endless options to choose from. Where you want to go all depends on the crowd you feel most comfortable being around for the night. If you gravitate more towards the 'hipster' side of the spectrum, I would recommend neighborhoods like Little Five Points, East Atlanta Village, or Inman Park. They have great bars, galleries, and music playing every weekend. Looking for a bit of comedy? I'd go watch an improv show at Dad's Garage Theater Company in Inman Park. They are impressive and hilarious! If you are looking for more of a college vibe, I would gear more towards Buckhead or Midtown. There is a fun bar called Ormsby's west of Midtown that has board games, pool, shuffle board and bocce ball. So bring some friends or meet new ones while getting your game on! Honestly, it is hard to go wrong in whichever neighborhood you choose! You can find unique bars, restaurants, and events in each one and are guaranteed to have a great time.



Savannah, GA: 137 Miles, 2 hours & 30 minutes

Beach:

Tybee Island
Fishing

St. Patrick's Day
Celebration
Nightlife

Restaurants:

Belford's of Savannah
Cotton & Rye
Mrs. Wilkes Dining Room
Tubby's Seafood River Street
Sorry Charlie's Oyster Bar
Liberty Tap Room

City Market:

Art Galleries
Boutiques/Specialty
Shops
Live Bands &
Performances
Restaurants/Cafes

Historic:
Museums
Revolutionary and Civil
War Era Historic Tours
Hop-on Hop-off
Trolley Tour
Ghosts and Gravestones
of Savannah

Riverboat Cruises:

Food, Drinks, and
Live Music

Fun:

Golf
Spas
Breweries

River Street:

Boardwalk
Food
Shopping
Bars/Lounge

Good website to look for:

Music & Food Festivals:
savannah.com/savannah-food-wine-festival/
Events:
savannah.com/event-calendar/



Student Perspective on Savannah

By: Chandler Goldman , Biomedical Sciences, Cell Biology and Anatomy PhD program

Located two and a half hours from Augusta, Savannah sits at the intersection of the Savannah River and the Atlantic Ocean. The first thing you will notice about Savannah is the rich cultural diversity and the hundreds-of-years-old Live Oak trees covered in Spanish Moss. Being the oldest city in Georgia, Savannah is overflowing with history and character. That being said, tours of historical sites such as Fort Pulaski as well as Savannah’s famous “Ghost Tours” (where you can walk or ride to explore various haunted locations around Downtown) are fun activities for tourist and locals. Savannah is a very popular destination for college-aged students and families alike due to its large number of unique restaurants, bars, and stores. Believe me, there’s something for everyone. Numerous parks, including Forsyth park, offer opportunities for outdoor activities and these parks frequently host concerts and festivals. The St. Patrick’s Day celebration something everybody needs to experience at least once! Tybee Island, Savannah’s beach, is about a thirty-minute drive from downtown. Kayak and Dolphin tours throughout the marshes surrounding Tybee Island allow you to see unique wildlife and experience some of Savannah’s most beautiful scenery. For the animal lovers, like myself, there is a zoo and wildlife rehabilitation center called “Oatland Island Wildlife Center” between Downtown and Tybee. The animals featured in the zoo are native to North America including wolves, cougars, bald eagles, bison, alligators, and much more! Savannah, GA is definitely worth checking out!



Charleston, SC: 170 Miles, 2 hours & 50 minutes

Arthur Ravenel
Jr. Bridge

Battery & White
Point Gardens

Beach:

Folly Beach
Isle of Palms
Fishing

Breweries:

Edmunds's Oast

Palmetto Brewing
Company

Revelry Brewing

Charleston City

Market:

Shopping
Small eats
Art

City Tours:

Horse-drawn
carriage

Food
Historic
Boat
Ghost tours

Events:

Tour of Homes (fall)

Festival of Houses and
Gardens (spring)

Historical:

Fort Sumer National
Monument
Fort Moultrie
Rainbow Row
Charleston Museum

Minor League Baseball:

Charleston Riverdogs

Mt. Pleasant

(about 20 min drive):

Dining
Shopping
Sightseeing

Plantations:

Boone Hall Plantation

Magnolia Plantation
& Gardens

Charleston Tea
Plantation

McLeod Plantation
Historic Site

Restaurants:

Low Country Bistro
Charleston Crab House
Husk
Mustard Seed
Tattooed Moose
Wild Olive
Slightly North of Broad
Tommy Condon's Irish Pub
Riley Waterfront Park
South Carolina Aquarium

Water Sports:

Kayaking
Canoeing
Paddle boarding

Good website to look for events:

charlestoncvb.com/events/

Student Perspective on Charleston

By Allison Bridges, Biomedical Sciences, Biochemistry and Cancer Biology PhD program

Charleston, South Carolina, has something for everyone! This makes it an excellent city for a weekend visit or a day trip. The city is very pedestrian friendly. Park in Downton Charleston and walk the streets of the city, where diverse food and shopping are widely available. Every weekend, local vendors set up their wares along Market Street, which provides another great opportunity to do some browsing and shopping. There are also various little parks sprinkled throughout the city, providing a good place to get away from the crowds. The Battery is a very popular one, providing a great view of interconnecting rivers which make up Charleston's harbor as well the historical Fort Sumter in the distance. While Downton Charleston offers many opportunities for fun things to do, you may also want to venture outside the city. Charleston is divided into several little islands or communities, most of which can be easily accessed via bridge and are open to the public. These islands are the best places to find local food and fresh seafood, as well as easy access to beaches. The Angel Oak out on John's Island is a must see, the tree being one of the largest and oldest in the Southeast. Finally, the largest appeal of Charleston is its historical richness. The classic horse-drawn carriage ride through Downton Charleston is a must, as the tour gives a well-rounded overview of the city's history, and provides a good way to get out of the Southern sun. If you are spending the night, it is also worth checking out the local ghost tours. Some of them provide access to otherwise prohibited locations in Downton Charleston and also serve as good source of incidental tales and historical information. For the more ambitious historical lovers, there are many historical locations on the various island communities, such as a chance to glimpse the first combat submarine utilized in American warfare the USS Hunley or the plantation houses Boone Hall and Magnolia.



Surviving Graduate School

International Community in Augusta

By: Sai Kartik Kodeboyina and Mohammed Magil, Biomedical Science PhD

Hearty congratulations to all the students who made it to Augusta University. You are now a part of a truly remarkable and ever supportive academic family here at Augusta University. So welcome to Augusta and to the Graduate School. Some of you who've been accepted into the Graduate program may be International students coming from different countries. As an international student myself, I find Augusta to be very economical compared to the other US cities. It truly lives up to its name as the Garden City with many parks, private gardens, and golf courses spread across the city. The international community at Augusta is very vibrant and I must admit that my integration into the community was seamless. Downtown Augusta is the hub of fun and frolic, with pubs, clubs and restaurants sprawling across a vast area. Please feel free to explore the official website of Augusta for further insights.

<http://ga-augusta.civicplus.com/399/Augusta-Facts-and-Figures>.



INTERNATIONAL CUISINE

Grocery Stores:

KASHMIR BAZAAR
248 Bobby Jones Expy
Augusta, GA 30907

Radha Asian Indian
Grocers
3112 Washington Rd
Augusta, GA 30907

Asian Choice
404 Shartom Dr
Augusta, GA 30907

Kims Oriental Market
2324 Lumpkin Rd
Augusta, GA 30906

Jinlong Oriental Market
592 Bobby Jones Expy # 8
Augusta, GA 30907

Seoul Oriental Food
Market
104 S Belair Rd # 14
Augusta, GA 30907

Restaurants:

Miyako Sushi and
Steakhouse
2801 Washington Rd
Augusta, GA 30909

Fujiyama Japanese
Steak House
3043 Washington Rd
Augusta, GA 30907

Restaurants (cont.)

Yoskos Japanese
Restaurant
2825 Washington Rd
Augusta, GA 30909

Domo Japanese Grill
1522 N Leg Rd
Augusta, GA 30909

TOKI Japanese
Steakhouse and Sushi
362 Furys Ferry Rd
Augusta, GA 30907

Wasabi Express
2838 Washington Rd
Augusta, GA 30909

Mai Thai Restaurant
4272 Washington Rd
Evans, GA 30809

Thai Kitchen
4357 Washington Rd
Evans, GA 30809

Sawasdee Authentic
Thai & Noodle House
3836 Washington Rd #7
Martinez, GA 30907

Ephesus Restaurant
(Turkish)
3102 Washington Rd
Augusta, GA 30907

Restaurants (cont.)

Shishkebab (Turkish)
648 N Belair Rd
Evans, GA 30809

Giuseppe's Restaurant
(Italian)
3690 Wheeler Rd
Augusta, GA 30909

Oliviana
399 Highland Ave
Augusta, GA 30909

Curry Hut (Indian)
2810 Washington Rd
Augusta, GA 30909

Lahore Express
(Pakistani)
201 Shartom Dr
Augusta, GA 30907

The Taj of India (Indian)
502-7 Furys Ferry Rd
Augusta, GA 30907

Izumi Japanese Buffet
4368 Washington Rd
Evans, GA 30809

Parenting through graduate school

By Ranya Elsayed, Biomedical Sciences, Oral Biology PhD program

SCHOOL SYSTEMS:

There are three different types of school systems in Augusta: Private, public, and magnet school systems. Public schools are divided into Richmond County and Columbia County depending on the way your area is zoned. Columbia County schools have a better rating and reviews, but if you are living in Richmond County, magnet schools could be a good option instead of the public school system. Magnet schools are a public school system that offer special curricula. Magnet schools draw students from different districts, meaning even if your child isn't zoned for that school district they can still enroll to attend that school. The enrollment requires filling out an application online at a particular time each year and a qualifying exam, usually it is very competitive. You will find more information about the process of application and entry exam in this link; Magnet schools Richmond county: www.rcboe.org/magnet

Below is a very helpful link where you can find different schools in different districts based on rating, location and system. <http://www.greatschools.org>

BEFORE AND AFTER SCHOOL CARE SYSTEMS:

All schools offer different “before and after school” systems, you will have to contact the school or search on their website for the available system they offer.

Here are some of the different after school systems available in different schools in the following link.

augustaga.gov/671

Before-and-After-School-Programs



BEST DAY CARES:

<https://www.care.com/day-care/augusta-ga>

The above link is very helpful showing you all available day cares and their fees, but based on my experience and other students experience the following are the top 5 recommendations for best day cares:

Augusta University Child Care Center: 601 Old Bailie St. Augusta, GA 30901 Phone:(706) 721-4171	Child Care Network: 2131 Wrightsboro Rd. Augusta, GA 30904 Phone:(706) 733-4913	Blue Ridge: 592 Blue Ridge Dr. Evans, GA 30809 Phone:(706) 860-7799
Woodlawn Pre-school and Child Development: 2220 Walton Way Augusta,GA 30904 Phone (706) 738-2546	Little Castle: 220 Baston Rd. Martinez, GA 30907 Phone:(706) 210-3958 Blue ridge: Address: 592 Blue Ridge	

How to be a parent and a graduate student

Is it doable? Yes it is.

It is hard? Very hard but you can do it.

Things you will feel and you are not alone... !:

Guilt... yes! you are not alone, that's a normal feeling but always think you are doing something good for your children's future, think you are being a role model for them, think you are making them proud of you.

Tired... ll the time because you are literally a super hero! If you were to sit down and make a list of what you do on a daily basis, you'll be surprised at how much you can do

Wanna quit... this thought will be haunting you every morning. Hang in there. You can do it. Other people did! When you feel like that, always picture the good ending when you are holding your doctoral degree certificate, hanging it on the wall while taking further steps into your career and your family being proud of you.

Maintaining Physical and Mental Wellbeing

By Dawn Langley-Brady, Nursing PhD program

Being a graduate student often comes with additional stressors such as work, family, and school and/or community service. To thrive in this environment, you must practice self-care! Suggestions for enhancing your self-care are listed below:

HEALTH AND NUTRITION

Food

The food you eat is very important. Try to focus on whole, natural, unprocessed foods, and buy organic when possible. Most grocery store chains carry some organic and natural food choices, but the following businesses are exclusive: Earth Fare, Fresh Market, and New Life Natural Foods. Fresh produce and handmade items can be purchased at the Augusta Farmers Market (1150 5th street), Saturday Market on Broad, Evans Towne Farmers Market (April-June), and via a local co-op: Augusta Locally Grown (<https://augusta.locallygrown.net>). Several farmers markets also offer free yoga sessions, cooking demonstrations, and more. For students with a green thumb, and space to spare, Garden City Hydroponics sells soil-free growing systems and numerous other companies in the area offer organic plants and seeds.

Water

As much as focusing on good quality food is important, so is the water you drink. Many people do not know that the Augusta area was well known for its health-promoting water. President William H. Taft was a frequent visitor to Augusta, and would stock up on water before traveling south across the U.S. border. There were many springs blanketing the CSRA, but most are now long forgotten, or have been constructed over. One remaining spring is frequented by hundreds of citizens on a daily basis and is located near the intersections of Flowing Wells and Wrightsboro Roads. Many people swear by the water's healing properties. The water is tested by the city and best of all – it is free! Bring your containers and fill them up, but be careful with the traffic congestion in the area. Of course, there are also many commercial products available to purify your drinking water, many of which can be found at nearby specialty, sporting goods or camping stores.

NOURISHING YOUR BODY, MIND, AND SPIRIT

Many complementary therapies help to nourish your body, mind and spirit, and are easy to incorporate into your everyday routine. Certified practitioners can be found through online searches and through certifying agencies' national databases. Whereas some complementary therapies are just beginning to be used in clinical research; many have already demonstrated their efficacy. Prior to using any natural products (vitamins, herbs, essential oils, etc.) make sure you have done your homework and know their uses, side effects, contraindications, dosages, and potential interactive effects. A board certified holistic nurse or health/wellness nurse coach can help you navigate complementary therapies for optimal wellbeing. One helpful (not all-inclusive) resource is The National Center for Complementary and Integrative Health - <https://nccih.nih.gov>.

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While not everything listed below may be for you, don't be afraid to try something new!

Aromatherapy, Art Therapy, Energy-Based Therapies (Healing Touch & Reiki), Herbal Therapy, Laughter Therapy, Manipulative/Body-Based Therapies (Acupressure, Acupuncture, Chiropractic, Dance & Movement Therapy, Massage Therapy, and Reflexology), Mind-Body Therapies (Guided Imagery, Meditation, Music Therapy, Qigong, Tai-Chi, and Yoga)

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Nature Therapy

Nature therapy is a completely free way to lower your blood pressure and heart rate, increase focus, and melt away anxiety and stress. There are many places to enjoy nature in the CSRA: Augusta Canal, Augusta River Walk, Savannah River, Savannah River Rapids, North Augusta Greenway, Bartram National Recreation Trail, and Strom Thurmond Lake. There are also many other green spaces, parks, and recreation areas scattered across the CSRA. Augusta is perfectly situated between mountains, beaches, and swamps. Within a three to five hour drive of Augusta, students can enjoy multiple waterfalls, the Great Smokey Mountains, beautiful beaches of Georgia, South Carolina, and northern Florida, and the Okefenokee Swamp. Stay SAFE! Always remember to: tell someone you trust about your itinerary, travel with a buddy, bring plenty of water, and wear sunscreen.

Personal Wellness

By: Christian Waller, Counselor Education, Clinical and Mental Health program

1. Head to the gym (or just go on a walk/run/bike ride)
2. Whatever you want to do, make sure you're getting some fresh air and relax
3. Have a good friend, family member, or significant other to talk to
4. Listen to music
5. Join a group or organization on campus
6. Take advantage of the counseling center, it is probably one of the only times you will get free counseling
7. Get enough sleep for yourself; whether that is 6 hours, 8 hours, or 10. Make sure your body is well rested.
8. Find something that makes you happy or at peace. It's always nice to have something to get you away from life's stressors, whether it be outside and enjoying nature, inside and enjoying a good Netflix binge, or anything in between.
9. Make sure you're eating and drinking healthy. It's not too hard to forget the last time you ate food when mid-terms, finals, and other deadlines approach. Remember to walk away from your textbooks and computers for a moment to grab something to eat.
10. Enjoy your time in graduate school!

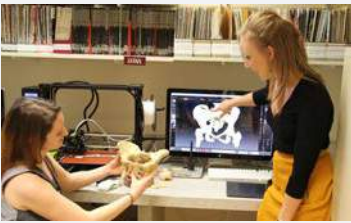


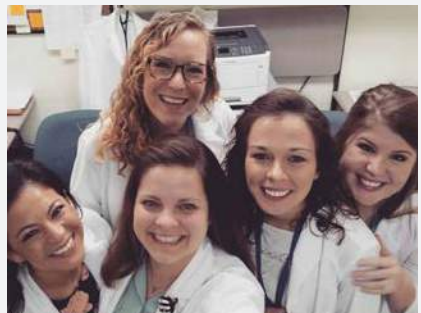
Tips to thrive, not just survive

By: Christian Waller, Counselor Education, Clinical and Mental Health program

- Make and keep a schedule of your weekly life
- Not too many things are worse, in graduate school, than forgetting that you had to do something for a class or over-planning your day. Keep a planner or make up a weekly schedule that you can get everything you need done in a timely manner without overburdening yourself.
- Check your school email
- Find a class partner to be your buddy
- Both you and your class partner can work to keep each other accountable and 'on it'
- Don't over budget your time
- Try to keep a regular schedule (if you can) during the semester
- Be prepared for and attend every class
- Undergrad was a bit different, but most graduate level classes have a strict policy of attendance. Some even have a preparedness section in the syllabus.
- Be okay with making mistakes
- No one's perfect; just make sure you learn from them. That's what school is for.
- Talk to your professors (especially if you need extra help)
- Listen to your body when it tells you that you need a mini-vacation
- Not the one where you're going to another country or city (although you can), but the type where you leave your laptop/computer or textbook for an hour and rest your brain
- Listen to your body when it tells you that you need to sleep
- Listen to your body when it tells you that you need to eat
- Don't neglect your life outside of school
- Remember your friends and family (even if they aren't close). Remember that you have a life outside of school. It may be only an hour or so a week, but give that time to yourself.

Welcome to our TGS family!







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(706) 721-3278 www.augusta.edu/gradstudies