



# Четверг с выпускниками

Встреча в Zoom – Jun 9, 2021

# Всем привет!

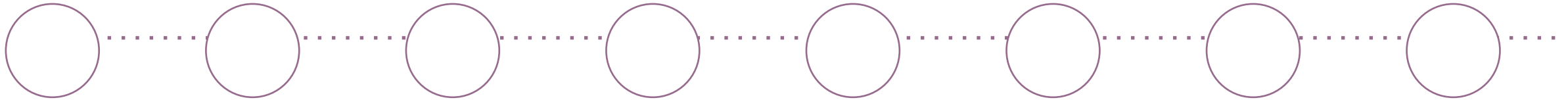
## - Idaliya Grigoryeva

- BA in International Econ, HSE (2015)
- MA in Urban Geography (UBC, 2017)
- MA in Economics (UBC, 2019)
- Predoctoral Research Fellow in Economics, Stanford University (2019-2020)
- Predoctoral Research Fellow in Economics, John Hopkins University (2020-present)
- PhD student in Economics, UC San Diego (from Fall 2021)



# What are you hoping to learn about today?

**Menti.com**  
**code 9163 9832**



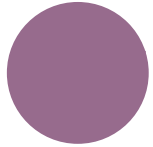
I hope to find out more  
about...

I am curious about how...

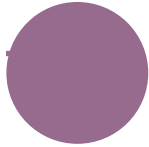
I have a weird / personal  
question...

# On the Agenda...

What you  
can do at  
HSE

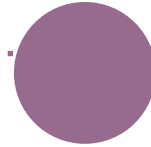


Research  
Experience &  
Mentorship



Extra-curricular  
s  
(volunteering,  
summer  
schools, ...)

Take Away's  
from the MAs



Indirect Paths  
& Seizing  
Opportunities

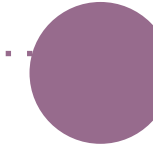


Features of  
academia in  
North America

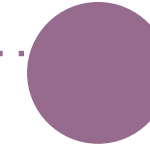


Predocctoral  
Fellowships

Academic  
Career

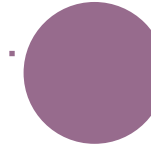


Academia as a  
Lifestyle



Immigration  
& long-term  
plans

Takeaways  
For You



What do you  
want to do  
next?



# Жизнь в Вышке





# Research Experience & Mentorship



## Thesis: Work with a supervisor you like

- Find someone whom you find interesting and enjoy interacting with
- Life-long relationships & support (your references are your “cheerleaders”)
- They might create or help you find opportunities
- Don’t stick with someone you don’t like, you don’t have to work with the same person

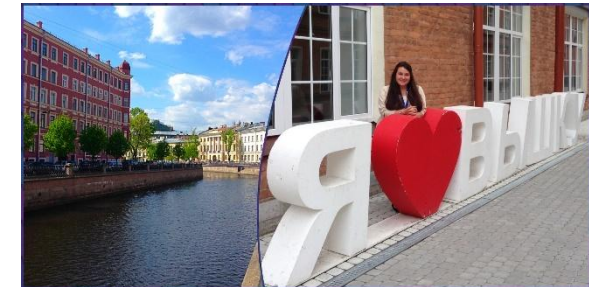


*Even when it's hard, you'll get through it together ☺*



## Your Research Experience is quite unique

- Writing annual course papers since the 2<sup>nd</sup> year and doing a major thesis is not common in North America
- Low barriers to entry for many workshops & conferences – Participate ☺



## Build Relationships

- Your friends and the profs you connect with will stay with you after graduation
- Talk to people to get their feedback and insights into your academic and career goals



# Extra-curriculars – Explore Your Interests

## 1. Do Something You Enjoy Now...

You'll never have “more time”

- Learning Languages, Summer Schools, Sports, Teaching
  - Volunteering, Public Speaking & TEDx talks
- ⇒ Take advantage of the long summer breaks
- ⇒ This will help you figure what you enjoy & build your story
- ⇒ Learning new things is always a transformative experience



Icelandic Photo Marathon  
(cultural exchange volunteer)



First 10K run

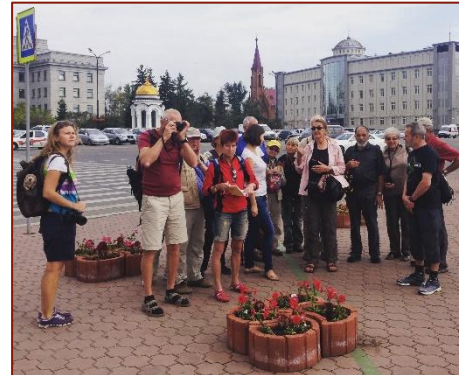


LSE-PKU Summer  
School about Urban Asia  
in Beijing, China

## 2. Explore Your Interests & Have Fun

- Helps you find the motivation and set goals towards what you want to accomplish
- Writing the statements of purpose for grad school
- You'll meet people interested in similar things exploring academic and non-academic life paths and finding mentors and partners for projects

Volunteer Tour Guide with  
German-speaking tourists



Celebrating May 8<sup>th</sup>  
with the academic group (3<sup>rd</sup> year)







**Grad School & Beyond**

*UBC Campus*





# What is special about academia in North America?

## 1. More Initiative & Independence

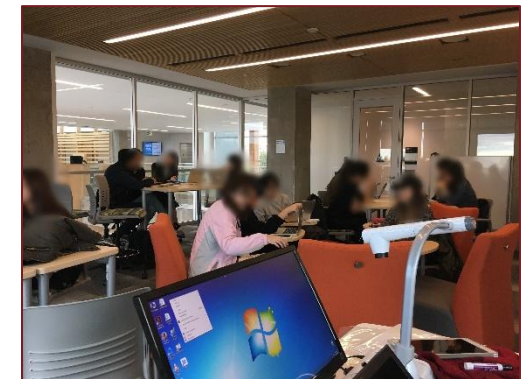
- Choosing course, connecting with and reaching out to professors for research opportunities
- Getting involved in student clubs, campus initiatives, student residence
- You are responsible for staying on track, but you also decide what you track is 😊

## 2. Interesting opportunities can be paid work

- Teaching & Research Assistantships
- Working in university student services with career counselling, international student support, etc.
- Opportunities to be involved in event support and event planning

## 3. Diverse People with Different Experience

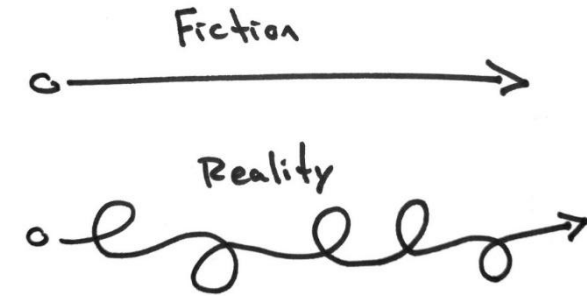
- Disciplinary backgrounds & subjects (undergrad is different from the Russian curriculum system)
- There's something you can learn from everyone around you



# Non-Linear Paths & Seizing Opportunities

## 1. Non-Linear Paths

- It's increasingly common to switch careers, get additional degrees, it's in your hands!
- In my case, I did two Master's programs and two predocs, and don't feel like I wasted any time
- You're the only one determining what your path and goals are, what makes you happy



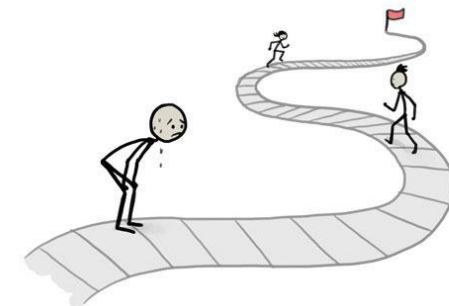
## 2. Find Your Thing

- As a grad student, you will often be able to take classes from different departments (audit, for example) and explore other fields and subjects
- Getting involved in on campus activities gives you an additional perspective
- There is (almost) always a way to turn your interest into a career



## 3. Pursue & Create Opportunities

- Similar to thinking about your strengths, assess what you could learn or get involved in that your grad school is specialized in (e.g. machine learning and coding in most schools in the Bay Area)
- Opportunities you have access to in the city you are in (e.g. getting involved with international organizations like the UN if you are in Washington DC)
- Within your interests, find ways to take advantage of the resources around you





# Predoctoral Research Fellowships

## What is it?

- Full-time Research Assistant (стажер-исследователь) working with one or two professor
- Contributing to (sometimes leading) professors research projects assisting in data collection and cleaning, conducting analysis, preparing figures, tables and the manuscript for publication
- In most cases, you will be a part of a campus environment and might have student status

## Determinants of Success



- Application is similar to applying for grad school (but free)



- Choose carefully who you might want to work for



- What else would the program give you? (E.g. courses, office space, colleagues)

**Links for sources:**

[sites.google.com/view/idagri/predoc-tips](https://sites.google.com/view/idagri/predoc-tips)

# Predoctoral Research – Feedback

“The ability to see the process of the whole paper creation; and the ability to create a good relationship with my PIs [professors]”

*Stanford Predoc (2018-2021),  
Accepted to Econ PhD at Stanford*

**What did you benefit from most during your predoctoral fellowship?**

Being involved with cutting-edge research you are expected to produce during your PhD studies

*UBC Predoc (2020-2021),  
Accepted to Econ PhD at LSE*

1. Learning technical skills in coding and project management that I never saw/learned in undergrad (e.g. learning to query data with SQL, learning GitHub)

2. Seeing up front how professors at top institutions do research on a day-to-day level, what the research workflow looks like

*Stanford Predoc (2019-2021), going to UBC PhD*

**Links for sources:**

[sites.google.com/view/idagri/predoc-tips](https://sites.google.com/view/idagri/predoc-tips)





# Academic Career

UBC  
Campus



# Academia as a Lifestyle

## 1. Exploring Teaching & Research Tracks

- A Master's degree is an opportunity to get involved in graduate-level teaching and research and see if you enjoy it
- Different opportunities which can be more focused on research OR teaching
- Stress is present in the industry just as much, and sometimes more (especially, in consulting)
- Enjoying the process is essential for your wellbeing, and not feeling a waste of potential income

## 2. Alternative Pathways after Grad School

- Grad school is a great experience that you can turn into any path you would like after
- You don't need to want to stay in academia, but it gives you a chance to explore your options
- Non-academic careers in university's research centers and student services

*Forest near the UBC  
Campus*







# Immigration & Long-Term Plans

## 1. Eligibility for Work Permit is Essential!

- Verify what the post-graduation conditions are even if you are unsure if you want to stay
- Talk to other international students in that school asking about job prospects as an international student

## 2. Grad School as an Easier Way to Immigrate

- Transition period during studies to settle in and gain local experience
- An opportunity to get on campus part-time work experience, which will give you a local professional reference
- Making friends and building your social circle is easier as a student





UBC Campus

# Canadian Post-Grad Work Permit

## 1. Canada – One of the Friendliest Programs

- Most students can get a work permit for 1-3 years after graduation
- Grad degree + 1 year of qualified (highly skilled) work experience is often sufficient to apply for permanent residence

### Am I eligible to apply?

To be eligible for a PGWP:

- ✓ You must have completed a program of study that lasted **at least eight months** and led to a degree, diploma or certificate.
- ✓ You must have studied **full-time** each academic session without [taking time away from studies](#). This does not include [scheduled program breaks](#), such as winter break or summer break for undergraduate students.
- ✓ You must have completed at least 50% of your program in Canada, which is calculated based on the number of courses completed in Canada.
- ✓ You must have completed at least 50% of your program in-person.

### PGWP length

The [length of the work permit](#) [↗](#) ranges **from a minimum of 8 months to a maximum of 3 years** based on the official length of your program, not the amount of time spent completing program requirements. If you complete a 4 year undergraduate degree, you are eligible for a 3 year PGWP.

If you are a graduate student, request a customized Letter of Completion which indicates the length of your program. If your graduate program has a flexible time frame, such as 12-24 months, request that your letter indicates the number of credits and/or speaks to the intensive nature of your program, draft a letter of explanation, and contact International Student Advising for support.

Source: <https://students.ubc.ca/career/career-resources/working-canada/post-graduation-work-permit>







# Leaving you with...

01

## Identify Your Interests & Set Goals

Don't be constrained by external expectations – you decide

Seemingly unattainable path probably just mean there are more steps to get to them

02

## Know Your Strengths & Build on Them

Identify your strengths related to your interests – this is what you will be pitching to schools & employers

Keep learning and challenge yourself to advance in your strengths

03

## Reach Out & Talk to People

Professors, classmates, senior students, alumni - these people have perspectives & insights into the path you might be interested in

Talk to them, tell them what you are interested in & they'll share opportunities with you

04

## Have fun & Strive for Happiness!

No one else but you will make decisions to make you happy

Find what makes you happy and turn it into your life path



# What is one thing you want to do after the session?

[Menti.com](https://www.menti.com)

code 9163 9832



Know who you are, be yourself, dream big & pursue your dreams!

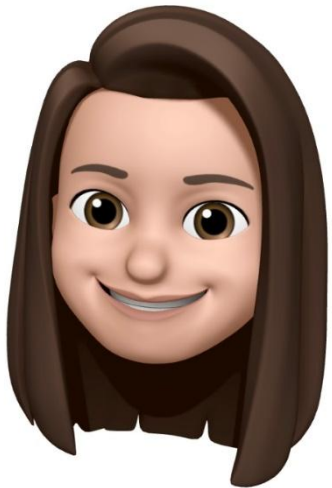
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No one else will do it for you 😊

# Q & A



Q?



A!



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il.com*