Navigating your graduate degree, dealing with long-term issues and day-to-day obstacles can be a challenge. A graduate student must balance coursework, research, extracurricular activities, teaching commitments, family, and more, which can raise many questions and concerns over one’s tenure. GRIPPED is designed to provide you with access to the best resources available to address these questions and concerns: other CEE graduate students. The format and focus of your GRIPPED will be determined by you and your group – it can be a forum for the discussion of goals and tasks, issues and solutions, graduate school experiences, or any other topic affecting your personal, professional, or educational development.

### What is GRIPPED?

Your graduate roundtable can take many forms, based on the needs and goals of your members, but in general the aspects of most GRIPPED groups should be:

1. a gathering of 4 CEE graduate students
2. meeting regularly
3. with a specified purpose – determined by members – to increase personal, professional, and/or educational development

### Who is GRIPPED for?

GRIPPED is for CEE graduate students (both Master- and PhD-seeking students) who believe that they can both provide and benefit from communication and collaboration with peers.

### How does GRIPPED work?

Your group will determine what meeting frequency and format works best for you. Below are a few examples that might be used.

<table>
<thead>
<tr>
<th>Meeting Details</th>
<th>Example 1</th>
<th>Example 2</th>
<th>Example 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>weekly</td>
<td>weekly</td>
<td>biweekly</td>
</tr>
<tr>
<td>Duration</td>
<td>1 hour</td>
<td>30 minutes</td>
<td>1 hour</td>
</tr>
<tr>
<td>Location</td>
<td>Mujo</td>
<td>Blue Lounge</td>
<td>Pierpont</td>
</tr>
</tbody>
</table>
| Format          | - goals set last week  
                 | - what you did last week  
                 | - open discussion  
                 | - goals for next week | - goals set last week  
                 | - what you did last week  
                 | - goals for next week | - open discussion (e.g., conversations about current news and technologies emerging in our field, questions about difficult situations in order to receive advice, etc.) |