

Degree progression:

Complete program requirements and develop a research project

Project timeline & scope

- ☐ Clarify your goals and how they align with project requirements.
- ☐ If timelines don't match, discuss what adjustments or compromises may be needed.

Graduate funding

- ☐ Ask what funding is available (cohort funding, departmental grants, RA/TA positions).
- ☐ Check if you're expected to apply for certain awards.

Lab attendance & etiquette

- ☐ Confirm expectations for attending the lab, including after data collection is complete.

Resources, ethics & safety

- ☐ Identify major resources required for your project and ensure they are available.
- ☐ Review protocols for ethics, health, and safety.

Publications & research dissemination

- ☐ Discuss expectations for publications or other forms of sharing your work.

Balancing thesis & other projects

- ☐ If other projects are slowing you down, consider reducing your involvement or integrating them into your thesis.

Communication preferences

- ☐ Check if expectations for meetings or communication change as you progress.
- ☐ Clarify whether you're expected to maintain regular contact or reach out only when needed.



Forming your thesis committee

- ☐ Confirm departmental expectations for committee formation and timeline.
- ☐ Ask whether your supervisor has preferences for committee members.

Committee meetings

- ☐ Clarify expectations around meeting frequency, preparation and progress reporting.

Achieving candidacy (doctoral only)

- ☐ Discuss when your committee expects you to reach candidacy.
- ☐ If not ready, request specific guidance on what you need to demonstrate.

Planning the year ahead

- ☐ Create a high-level schedule for the upcoming academic year with your supervisor or committee.

We are here to help.

Situations can arise that can critically delay progress or completion of your degree program, such as personal reasons (e.g., family, health), a lack of communication with your supervisor, lack of resources that are required for you to complete the project, as well as a supervisor's relocation to a different institution. Reach out to us.