



# GPDC 2025

February 19 - 20 | Graduate Student Professional Development Conference

## SCHEDULE AT A GLANCE

### Wednesday, February 19, 2025 Deerfield Hall (DH) Room 2070

10:00 AM – 10:10 AM	Registration
10:15 AM – 11:15 AM	Before You Go Public: Crafting Your Professional Identity
11:20 AM – 12:20 PM	Speaking with Confidence: Managing Nerves in Academic Presentations
12:20 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	Sharing Your Professional Story: Mastering the “Tell Me About Yourself” Question

### Thursday, February 20, 2025 Deerfield Hall (DH) Room 2070

10:00 AM – 10:10 AM	Registration
10:15 AM – 11:15 AM	Writing for Publication: Considerations for Manuscript Preparation
11:20 AM – 12:20 PM	Communicating Research: Social Media Strategies for Engaging Non-Experts
12:20 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	How to Get the Most Out of Your IDP Process
2:05 PM – 3:05 PM	Having Courageous Conversations

Register for [UTM’s Graduate Professional Development Conference](https://uoft.me/GPDC2025)

Register by February 9, 2025

<https://uoft.me/GPDC2025>

Questions? Please contact Jess Bailey, Graduate Student Support Strategist – [jess.bailey@utoronto.ca](mailto:jess.bailey@utoronto.ca)

## Before You Go Public: Crafting Your Professional Identity

**Joel Rodgers**, *Coordinator, Graduate Student Professional Development, Faculty of Arts & Science*

Before you can communicate your professional work to others, it is important to reflect on what you want: how do you see yourself as a professional? How do you want your work to matter to others in the world? This introductory session, drawing on strategies from career and professional development experts, aims to help you answer these questions and craft your professional identity before you start talking to other people (e.g., at conferences, in publications, on social media, etc.).

## Speaking with Confidence: Managing Nerves in Academic Presentations

**Matthew Jones**, *Assistant Professor, Graduate Centre for Academic Communication, School of Graduate Studies*

Are you confident in your research but anxious about delivering it in front of an audience? This workshop offers graduate students strategies for dealing with the common issue of feeling nervous about public speaking. We will identify potential sources of anxiety and collaboratively develop plans to address them in advance. While we might never truly overcome all our anxiety, having a clear plan can allow students to focus their energy back on their research.

## Sharing Your Professional Story: Mastering the “Tell Me About Yourself” Question

*Presenter: UTM Career Centre*

In this session, you will discover how to present your professional journey in a way that captures the attention of those listening, showcases your unique skills, and confidently highlights key milestones in your career journey. This interactive workshop will delve into the art of storytelling, equipping you with the tools to craft a compelling narrative that leaves a lasting impression.

Through engaging exercises and practical techniques, you will learn how to:

- Structure your response using proven storytelling methods.
- Identify and highlight the most impactful moments in your career.
- Tailor your narrative to resonate with specific audiences.
- Deliver your story with confidence and authenticity.

Whether you're preparing for job interviews, networking, or career presentations, this session will empower you to communicate your professional story with clarity and impact.

## Writing for Publication: Considerations for Manuscript Preparation

**Jordana Garbati**, *Director, Robert Gillespie Academic Skills Centre, Assistant Professor, Teaching Stream, Institute for the University Pedagogy*

Are you thinking about submitting a manuscript to a journal? If so, attend this session to learn more about how to prepare and write your manuscript for publication. Jordana will draw on her experiences as a writing researcher, author, and journal editor to provide guidance about writing for publication.

## Communicating Research: Social Media Strategies for Engaging Non-Experts

**Maria Ruiz**, *Reference and Instruction Librarian, UTM Library*

Join us for a practical workshop on using social media to share your research with non-expert audiences. We'll explore the benefits of social media, discuss key questions to help you develop a meaningful sharing strategy, and guide you in choosing the right platform for your goals. You'll also pick up tips for creating engaging content and learn about best practices and pitfalls to avoid, making it easier to connect your research with a broader audience.

## How to Get the Most Out of Your Individual Development Plan Process

**Rachael Cayley**, *Director, Centre for Graduate Professional Development, Associate Professor, Graduate Centre for Academic Communication* and **Lynn Ossher**, *Associate Director, Centre for Graduate Professional Development*

Individual Development Plans (IDPs) are often recommended to both doctoral students and post-doctoral scholars as a way to plan their professional activities and careers. But how do you make sure your IDP is more than just paperwork? If you are curious about what an IDP is, how it can help you get through grad school and navigate career planning, or how you can get more out of completing your required IDP forms each year, this workshop is for you. This workshop will cover three key topics:

- What are IDPs and why are they recommended?
- How to leverage your IDP to benefit your research productivity, professional development, and career planning
- How to talk to your supervisor or mentor about your IDP

## Having Courageous Conversations

**Aziza Kajan**, *Director, Centre for Graduate Mentorship and Supervision* and **Lauren Pais**, *Case Coordinator, Centre for Graduate Mentorship and Supervision*

Is there something you would like to say to a supervisor or colleague, and you are struggling to find a way to say it? Do you find it challenging to have an uncomfortable conversation? In this workshop, we will discuss what is meant by a courageous conversation, and where these conversations fit in the supervisory relationship. This workshop will be comprised of case studies and reflective group discussions; we gently request you attend with an openness to engage in group dialogue. We will also spend time highlighting interpersonal approaches and skills to help you have these conversations.