Top 10 Tips for Surviving the MSW Program
1. Get Organized

- Get a planner.
- Plan time for homework, plan time for self-care.
- Make sure you have personal time and time with family and friends.
- Plan mini-vacations on the weekends to have something to look forward to.
- Do homework assignments in pieces.
2. Find your Group

- Classmates are essential for group projects and helpful for studying and getting notes for you if you get sick. They are the ones who really get the stress you’re feeling.
- Friends and family are important supports too. This program will take a lot of your time, but not all of it.
- You can’t do this alone!
3. Self Care

- Find a hobby that you enjoy, but is not stressful.
- Make time for yourself, even when it means using some vacation time from work.
- Prepare meals for the week to avoid fast food.
- Get out in nature, meditate, exercise, pause to listen to some music you like.
- Reward yourself for getting homework done.
- Volunteer at events or for agencies that mean a lot to you to keep your passion alive.
- Don’t forget to sleep!
4. Web Resources

- USI Library Databases
- Google Scholar
- NASW
- SAMHSA
- Endless sites for organizations and topics that you are interested in.
5. MSWs

- You will meet them at internships, trainings, or volunteering.
- They have already survived a program; many of them came through USI.
- They can offer a true picture of your goal.

6. Perspective

- This will not last forever. Keep the goal in sight.
- “B=MSW”: The A is not everything.
You can select these based on your interests.
You will get some practice stories, both from the presenter and from others attending.
Networking!
This is how you will continue education for your license, so it is good to practice finding the ones you like.
8. Talk to Professors

- They want to help you!
- They will help explain projects and offer ideas and information.
- They know people and agencies in the community that can help you find or achieve your goals.
9. Don’t Procrastinate
10. Campus Facilities

- Rice Library Study Rooms
- Social Work Computer Lab
- Starbucks and lounge in Rice Library
- Innovation Point (USI facility off campus in downtown Evansville)
- Physical Activities Center
- Recreation, Fitness, and Wellness
- The campus hosts various intramural activities and exercise classes for students