

TIPS FOR JOURNALISM STUDENTS

BY JOURNALISM CLUB



TOPICS:

MENTAL HEALTH

RESEARCHING/SOURCING

CAREER ADVICE



MENTAL HEALTH

01.

Dealing with Trauma

- Psychosocial self care
- Covering trauma
- Vicarious trauma
- Seeking therapy

02.

Facing Anxiety

- Build resiliency in your career
- Feel good about the skills you've built
- Surviving in the industry
- Take pride in your work

03.

Fighting Marginalization

- Self-care
- Being burnt out
- How to be an ally in the newsroom
- Shifting newsroom culture

04.

Newsroom Mismanagement

- Dealing with a toxic boss
- Ways to survive until you can leave
- Understand the stakes
- For introverts

05.

Threats and Harassment Online

- Protect yourself online
- Online violence response hub
- How to respond to harassment
- Mental health support

06.

Burnout

- Identifying what burnout looks like
- Overcoming burnout without quitting
- Creativity and burnout
- How to address in the newsroom

RESEARCHING & REPORTING

01

Researching

- Academic research
- Google is not the best
- Researchers love to talk about their work
- Question the research
- Correlation doesn't mean causation

02

Reporting

- Look on social media for who is involved in trends/industry
- Know the difference between a topic and a story
- Don't be afraid of the phone
- Be persistent
- Ask your peers for support
- Dig deeper

03

Interviews

- Record on multiple devices
- Don't fill the silence - just listen
- Ask who else to talk to
- Research ahead of time
- Decide on interview format, time and date
- Questions can range from direct to imaginative
- You're in charge of the conversation
- Be conscious of the time

04

Writing/Editing

- Read each paragraph top to bottom, reverse and scrambled
- Read aloud
- Know your audience
- Write clear and consciously
- Ask if every detail is important to the whole story
- Let the article sit

CAREER ADVICE

01.

Balancing Life

- Make a list of your favorite journalists and follow them
- Single task
- Have a life
- Focus on what you can control
- Incubate your ideas
- Take in a fixed information diet

02.

Promoting Yourself

- Treat your resume like a story
- Create a portfolio
- Work for school media
- Start a blog
- Practice pitching
- Show off your skills

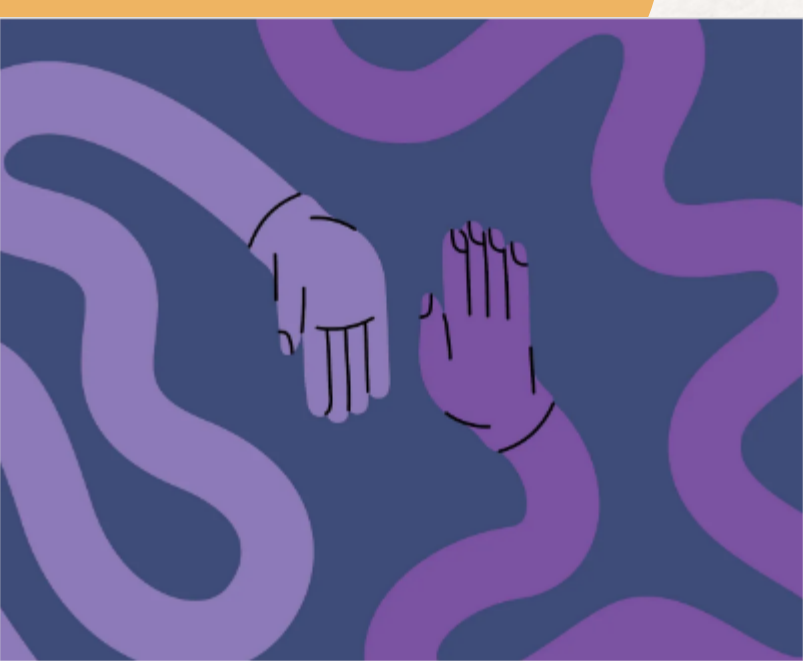
03.

Overall Job Info

- Show interest
- Average salaries
- Bachelor's degree
- Seek freelancing opportunities
- Submit to job postings
- Seek an internship

**THANK
YOU VERY
MUCH!**





Journalists and mental health: An API resource guide

This guide is an effort to point to and organize resources in ways that can be helpful to journalists looking to put words to what they're feeling and manage those



10 things we wish we'd known earlier about research

The staff of Journalist's Resource offers advice on how to find, understand and use academic research to ground a



Enhance your news editing skills with these 10 tips

Write short. It's much harder than writing long. Although there's infinite space online, there is not infinite attention among readers. If you are editing a

RESOURCES



5 ways to find sources online

Journalists used to have to put on their boots to find sources. Now they can track them down with the click of a mouse. Finding sources in...

[ij](#) International Journalists' Network



How To Become a Journalist in 8 Steps (Plus Salary Info)

Learn what journalists do, their average salary and the steps to take to become a journalis...

[i](#) indeed.com



7 Reporting Tips Every Journalist Needs Right Now

Mary Firestone Manager, Meetings & Member Services, PNA Last month, Rolling Stone...

[Pennsylvania NewsMedia Association /](#)



How to conduct an interview as a journalist (with steps) | Indeed.com UK

Learn how to conduct an interview as a journalist in our guide, including steps you c...

[i](#) indeed.com



Starting your journalism career? Keep these 9 tips in mind

Envisioning a future as a journalist can be overwhelming. The many challenges of the digital world and recent layoffs by well-known companies like The



9 Tips for Beat Reporters, From Novice to Expert

NBC News' Simone Weichselbaum and AP reporter Fatima Hussein advise National Press Foundation



9 fresh tips for launching your journalism career

Specialists offer advice (and hope!) for people starting