

# THINGS TO CONSIDER **DURING** A PHD

## START DOING THINGS EARLY

- Start writing early.
- Read and practice writing.
- Implement a strategy for managing important papers, reference libraries, and your data.
- Build a network of people/mentors who support you.
- Start planning for the future.

## CHOOSE A PROJECT WISELY

- Take your time. Really!
- Interest + Fit = Good start.
- Change supervisor, field, institute, mentor, project, etc. if necessary – This is NOT a failure!
- It is normal to feel exhausted and start hating your project at some point. Visualize your goal.

## LEARNING TAKES TIME

- Don't compare yourself to others!
- Give yourself time to learn your field and techniques.
- You will make mistakes, and that is OK – Learn from them.
- You belong! Yes, you!

## THE PRIORITY IS YOU!

- Enjoy the journey(!)
- Make sure to prioritize your well being and mental health.
- Stay true to yourself and your values. Remember why you started.
- Quitting is NOT a failure!