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!