SURVIVING YOUR PHD FROM A STUDENT PERSPECTIVE

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The Plan

• Reflections
• General tips
• Procrastination!
• Questions
"Doing a PhD is like putting a 10,000 piece puzzle together without a box. And the pieces keep changing shape and colour. And the room is on fire”
@emmaquiltyanth, 2018
General Tips
Remember why you started and remember where you are going
It’s OK to not be OK

(as long as you do something about it and don’t let things get to you long term!)
Attend Doctoral School workshops from the beginning
The importance of food and exercise

Correlation between fast food, exercise and anxiety levels
Use online communities carefully

- Can be good for sharing experiences and gaining a shared perspective e.g. PhD comic

- BUT

- Unrealistic perfection
You are good enough – do not compare and compete with others
Set your own goals. It is great to be motivated by the success of others but don’t feel you need to compete.
Procrastination
Procrastination

The fine art of prioritising less important tasks over the most important ones!
Procrastination: Why do we do it?

1. Avoiding discomfort
2. Action illusion
3. Complacency
4. Fuzzy Focus
5. Fear of failure/perfectionism
6. Emotional barriers

Strategies to overcome it . . .
The longer you leave it the worse it gets

... But as soon as you start writing, there’s usually immediate relief
You don’t have to feel like getting something done to get it done!
Just do something

It doesn’t have to be perfect
Start and the answers will come

Free writing
Visualise success

Celebrate *and reward small successes*
Remember that even ‘dead ends’ are progress

Goal oriented working versus time oriented working
Know when you are most productive
Pomodoro Technique

Change it up
Don’t be fooled by action illusion

The conditions will never be perfect!
Suggested reading

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(SHUT UP, MOVE ON®)

THE STRAIGHT-TALKING GUIDE TO SUCCEEDING IN LIFE

PAUL McGEE
Author of the bestselling Self-Confidence

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