

PhD Survival Kit: Three Items You Shouldn't be Without

ACR Doctoral Consortium

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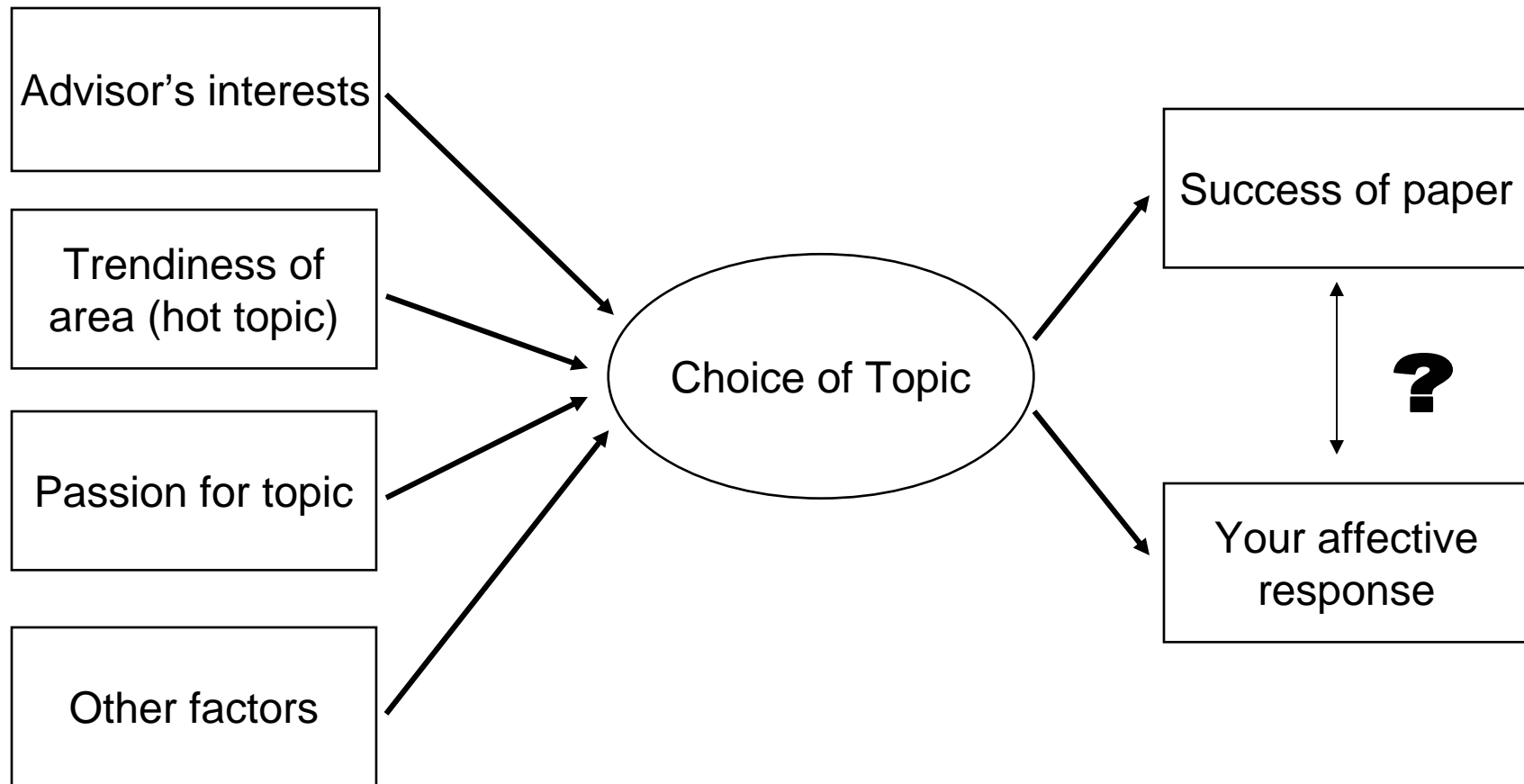
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Three Items You Shouldn't be Without

Three difficult steps, three helpful items...

- Choosing research projects
- Making and gauging progress
- Creating great ideas and papers

1) Choosing research projects



1) Choosing a dissertation topic

Survival Kit Item #1:

Mood ring

2) Making and gauging progress

- Set goals
 - Be realistic: avoid (bitter) disappointment
 - Use small milestones
 - Offer rewards for progress: nice dinner, night at the movies, afternoon shopping, etc.

2) Making and gauging progress

Survival Kit Item #2:

\$50 gift certificate for Nordstrom's
(reward)

3) Creating great ideas and papers

- Great, innovative ideas
 - High-effort activities: read literature, reanalyze data, etc.
 - Low-effort activities: step back and take time to understand the “big picture”

3) Innovative thinking, great papers

Survival Kit Item #3:

Bubble bath

Three Items You Shouldn't be Without

- Mood ring: find passion projects
- Nordstrom's gift certificate: give rewards
- Bubble bath: understand big picture