

The future...

Grad school can be exciting and challenging...

What's coming up for you right now?



How to get your bearings...

Questions

Am I doing everything I need to be doing?

Questions

Am I making the right decision?



Questions

I'm excited but I'm also worried... is that normal?

Questions

There's so much to do! How will I get it all done?

Choose your own Adventure!

Option 1

Managing it all can be stressful... how can I cope?

Option 2

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Option 3

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Navigating those stormy seas of transitions... what do we need to know?











Stress & Anxiety

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Is stress bad for us?





How does it impact your body?

- Headache
- Insomnia
- Weakened immune system

- Heartburn
- Rapid breathing
- High blood pressure

- Pounding heart
- Stomachache
- Tense Muscles







Level of Stress

So how is that different from anxiety?

Stress

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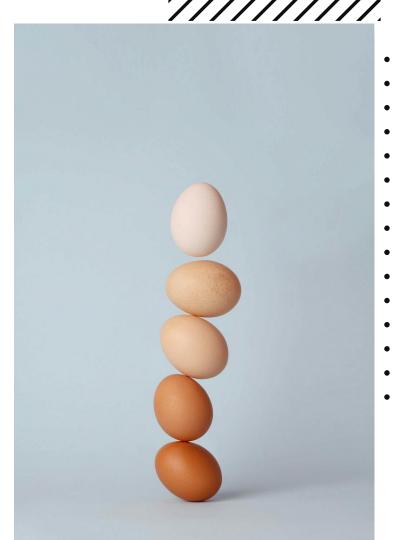
- A response to a known environmental factor
- Symptoms go away when the stressor does
- Something we all experience
- Can be motivational!

Anxiety

- Symptoms persist even after the stressor passes
- Interferes with daily life
- Is not motivational
- Is perpetuated by avoidance

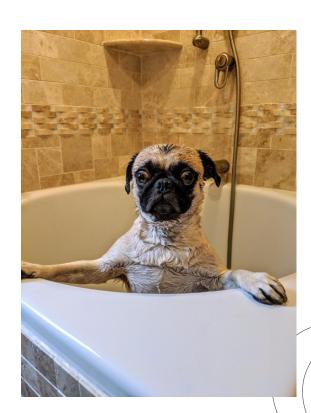
So what can we do?

- 1. Self-awareness
- 2. Boundaries are important
- 3. Learning how to recharge is important
- 4. Acknowledge the work that you do.



What is self-care?



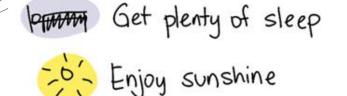


Self-care

Any activity that we do **deliberately** in order to take care of our mental, emotional and physical health.

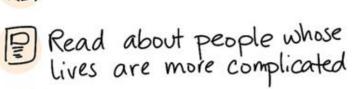


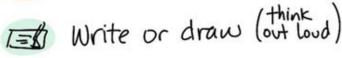
What do I do for self-care?

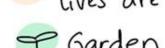






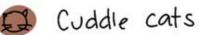








Talk to myself





Get a hug



Walk or bike (esp. in)



2 Talk to select people

One of the ways to practice self-care is to practice self-compassion



Letter from "The Great Supervisor"

This letter should be written to yourself from an omniscient (all knowing) and omni-benevolent (all good) source. It should reflect the nurturance, support and validation that you have wanted and needed to hear from someone in authority. IT should focus upon your strengths, assets and goodness. This will be a challenge for some but the more honest and sincere that you make this letter, the more benefit you will receive from the work you will do going forward.



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Imposter Syndrome



Signs that you're experiencing Imposter Syndrome

Attributing your success to outside forces

Feeling "Inauthentic"

Feeling self-doubt

Questioning your ability to be successful

Feeling "Unworthy"

Learning to trust yourself

Limit comparison to others

Normalize your feelings

Accept positive feedback

Prioritize self-care

Accept positive feedback

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Practice positive selftalk



Trust yourself!

Surround yourself with the right people

Write down and identify your triggers

Therapy

Nurture selfcompassion





Goal: Bring your inner critic to life!

What does your inner critic look like?

What do they sound like?

Are they human? An animal? A monster?

How old are they?

What are they wearing

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Grow through it...

You're ready but...



Sometimes we fail.



You're not alone.

JOHANNES HAUSHOFER CV OF FAILURES

Most of what I try fails, but these failures are often invisible, while the successes are visible. I have noticed that this sometimes gives others the impression that most things work out for me. As a result, they are more likely to attribute their own failures to themselves, rather than the fact that the world is stochastic, applications are crapshoots, and selection committees and referees have bad days. This CV of Failures is an attempt to balance the record and provide some perspective.

This idea is not mine, but due to a wonderful article in Nature by Melanie I. Stefan, who is a Lecturer in the School of Biomedical Sciences at the University of Edinburgh. You can find her original article here, her website here, her publications here, and follow her on Twitter under @MelanieIStefan.

I am also not the first academic to post their CV of failures. Earlier examples are here, here, here, and here.

This CV is unlikely to be complete – it was written from memory and probably omits a lot of stuff. So if it's shorter than yours, it's likely because you have better memory, or because you're better at trying things than me.

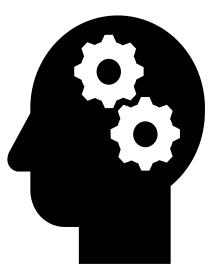
	2008	PhD Program in Economics, Stockholm School of Economics	Awards	and scholarships I did not get
	2003	Graduate Course in Medicine, Cambridge University		
	-	Graduate Course in Medicine, UCL	2011	Swiss Network for International Studies PhD Award
		PhD Program in Psychology, Harvard University	2010	Society of Fellows, Harvard University Society in Science Scholarship
		PhD Program in Neuroscience and Psychology, Stanford University		University of Zurich Research Scholarship
	1999	BA in International Relations, London School of Economics		1
			2009	Human Frontiers Fellowship
	Academ	nic positions and fellowships I did not get	2007	Mind-Brain-Behavior Award (Harvard University)
			2006	Mind-Brain-Behavior Award (Harvard University)
	2014	Harvard Kennedy School Assistant Professorship UC Berkeley Agricultural and Resource Economics Assistant Professorship	2003	Fulbright Scholarship Haniel Scholarship (German National Merit Foundation)
		MIT Brain & Cognitive Sciences Assistant Professorship	Paper rejections from academic journals	
		This list is restricted to institutions where I had campus visits; the list of places first-round interviews but wasn't invited for a campus visit, and where I was	2016	QJE, Experimental Economics
		interview in the first place, is much longer and I will write it up when I get a ch	2015	AER x 2
		also shrouds the fact that I didn't apply to most of the top economics departmen	2013	PNAS, Experimental Economics, Science, Neuron
		MIT, Yale, Stanford, Princeton, Chicago, Berkeley, LSE) because one of my advi	2009	AER
		could not write a strong letter for them.	2008	Science, Neuron, Nature Neuroscience, Journal of Neuroscience, Journal of Vision
			Researc	th funding I did not get
			2014	MO Mantal Harlib Danasah Count
-Fail	Failures			ate ones)
				Grant
	TI-:- J	CV of Feilmen has received account of the state of the st	·· 1-	earch Grant
	This d	larn CV of Failures has received way more attention than my en	tire b	oody of academic

Growth Mindset





Fixed Mindset



- Failure is an opportunity to grow.
- I can learn to do anything I want.
- Challenges help me grow.
- I'm inspired by the successes of others.
- I like to try new things.
- It's okay if I'm not good at it right away.

Failure is the limit of my abilities.

- I'm either good at it or I'm not.
- I don't like to be challenged.
- I'm jealous of the success of others.
- I stick with what I know I'm good at.
 - If I don't succeed immediately, I give up.

It's not about the destination.
It's about the journey.



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Transitions are hard.

Mindset matters



We all go through transitions...



What are some of the biggest transitions you've navigated successfully so far?

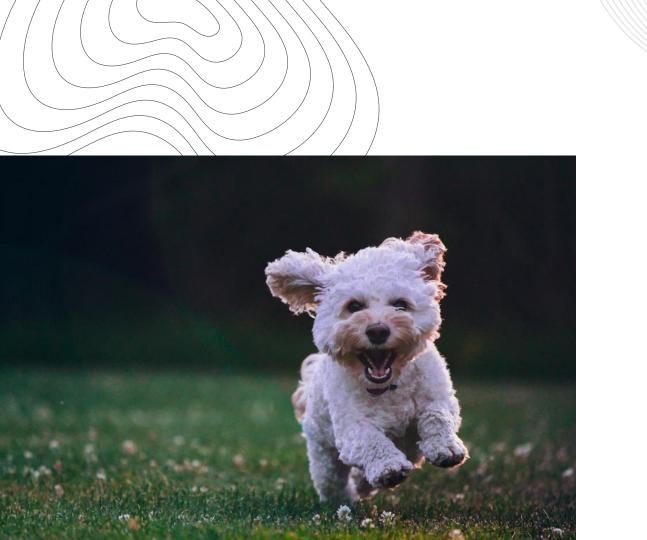


Lean on your support network.



Prepare as much as possible.





What are you excited about?

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The future is yours!

