

⋮
So you made it to grad school...
⋮
⋮
⋮
⋮
⋮

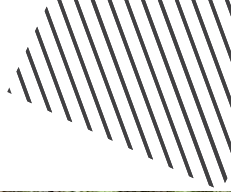
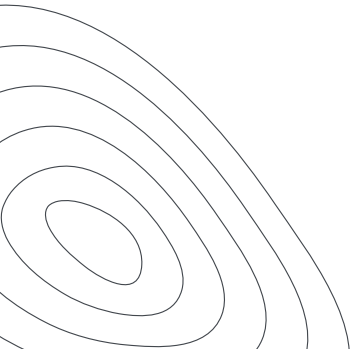
Now what?



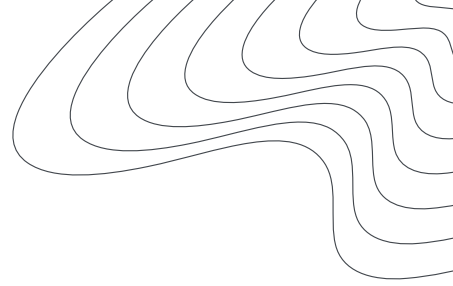
The future...

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

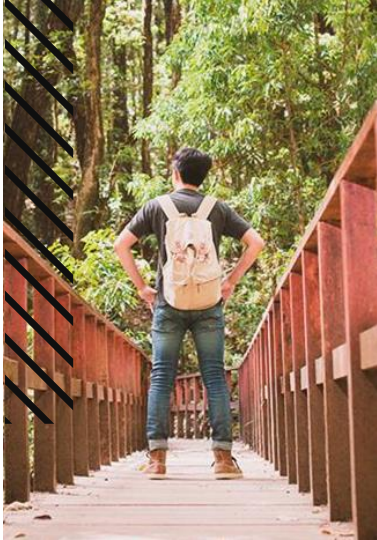
There's so much to do! How will I get it all done?



Choose your own Adventure!

Option 1

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



Option 2

You've made it into grad school, but do you ever feel like an imposter?



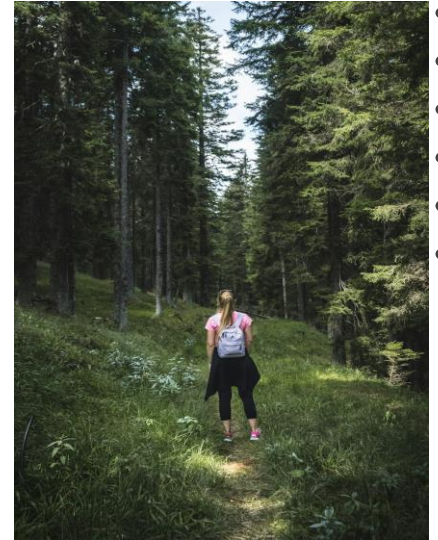
Option 3

Sometimes things do go wrong... how do we pick ourselves up, dust ourselves off?



Option 4

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





01

.....

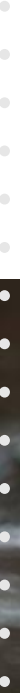


Stress & Anxiety





Is stress bad for us?



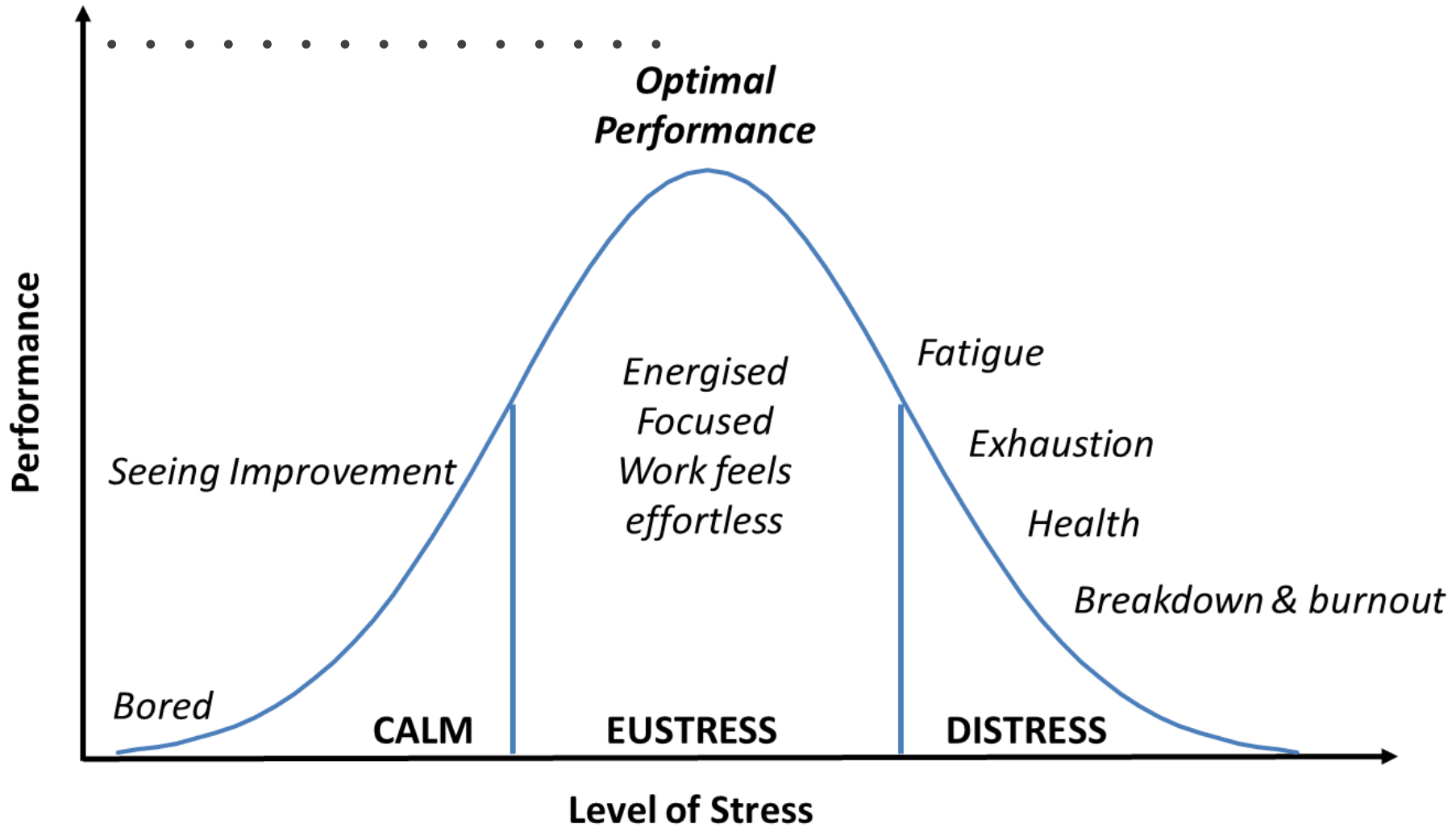


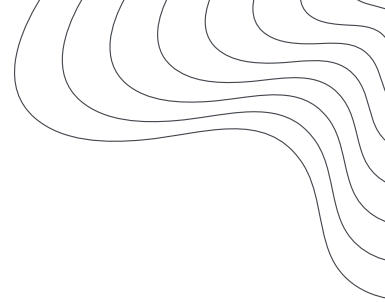
How does it impact your body?

- Headache
- Heartburn
- Pounding heart
- Insomnia
- Rapid breathing
- Stomachache
- Weakened immune system
- High blood pressure
- Tense Muscles









So how is that different from anxiety?

Stress

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

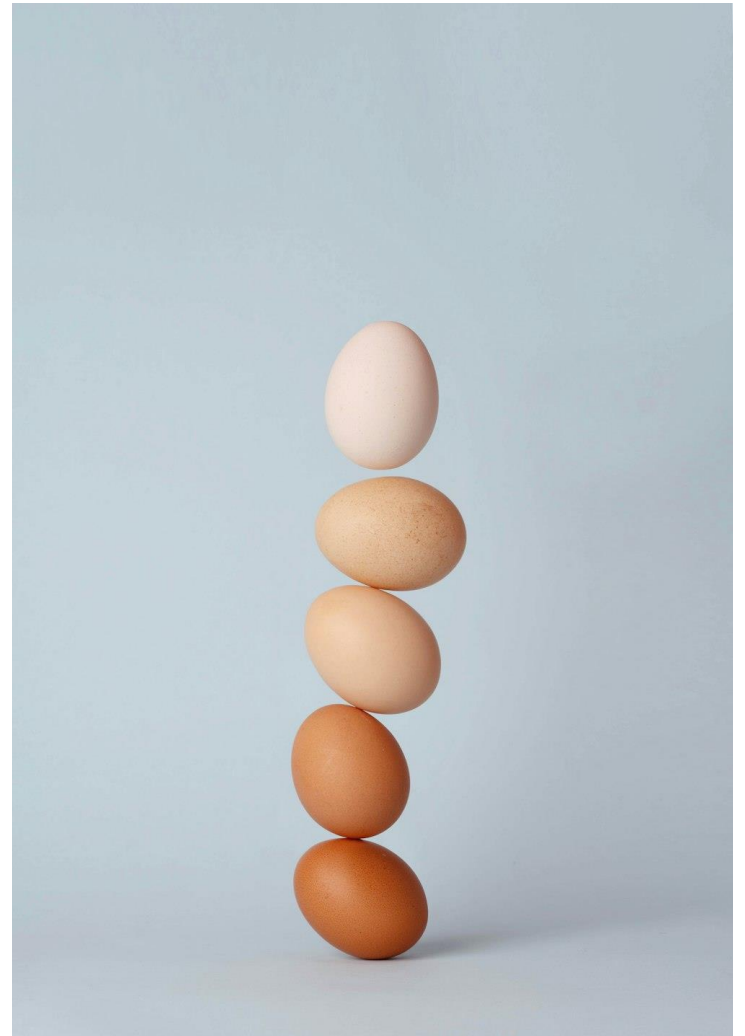
Anxiety

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

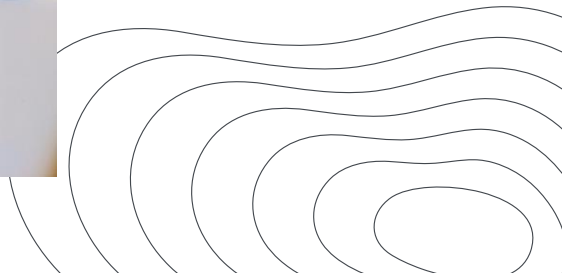


So what can we do?

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

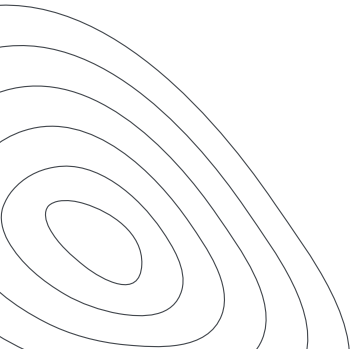


What is self-care?



Self-care

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



2015-03-18c

What do I do for self-care?



Get plenty of sleep



Enjoy sunshine



Cook



Write or draw (think out loud)



Talk to myself



Cuddle cats



Walk or bike (esp. in a park)



Tidy



Read



Read about people whose lives are more complicated



Garden



Get a hug



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.



Choose your own Adventure!

Option 1

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



Option 2

You've made it into grad school, but do you ever feel like an imposter?



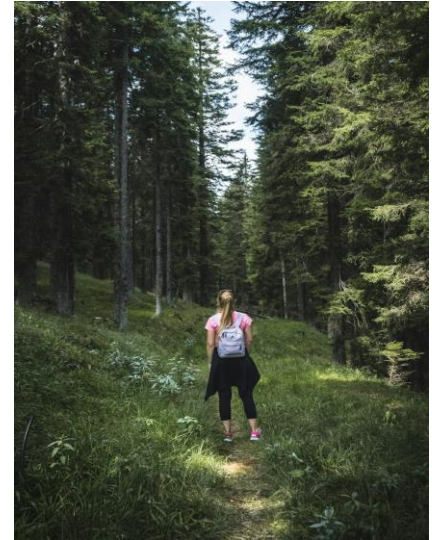
Option 3

Sometimes things do go wrong... how do we pick ourselves up, dust ourselves off?



Option 4

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





02

.....

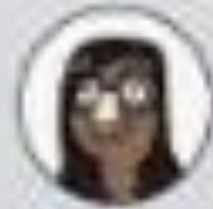


Imposter Syndrome



WHAT IS IMPOSTER SYNDROME

AND HOW CAN YOU
COMBAT IT?



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

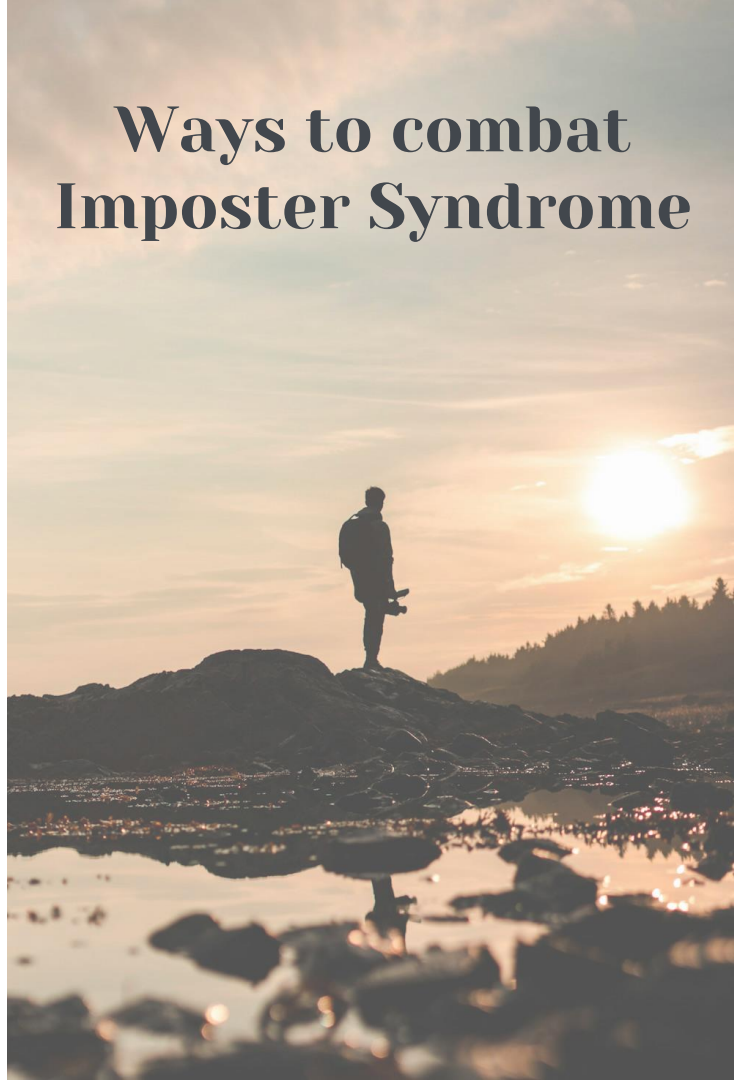
Accept positive
feedback

Prioritize self-care

Accept positive
feedback

Practice positive self-
talk

Ways to combat Imposter Syndrome



Trust yourself!

Surround yourself with
the right people

Write down and
identify your
triggers

Therapy

Nurture self-
compassion



Activity: Force your inner critic out of hiding



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



Choose your own Adventure!

Option 1

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



Option 2

You've made it into grad school, but do you ever feel like an imposter?



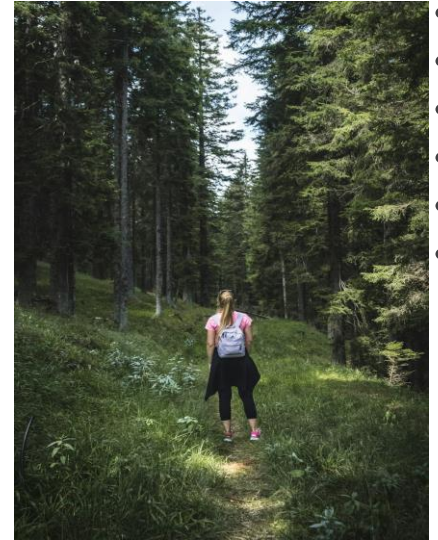
Option 3

Sometimes things do go wrong... how do we pick ourselves up, dust ourselves off?



Option 4

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





03

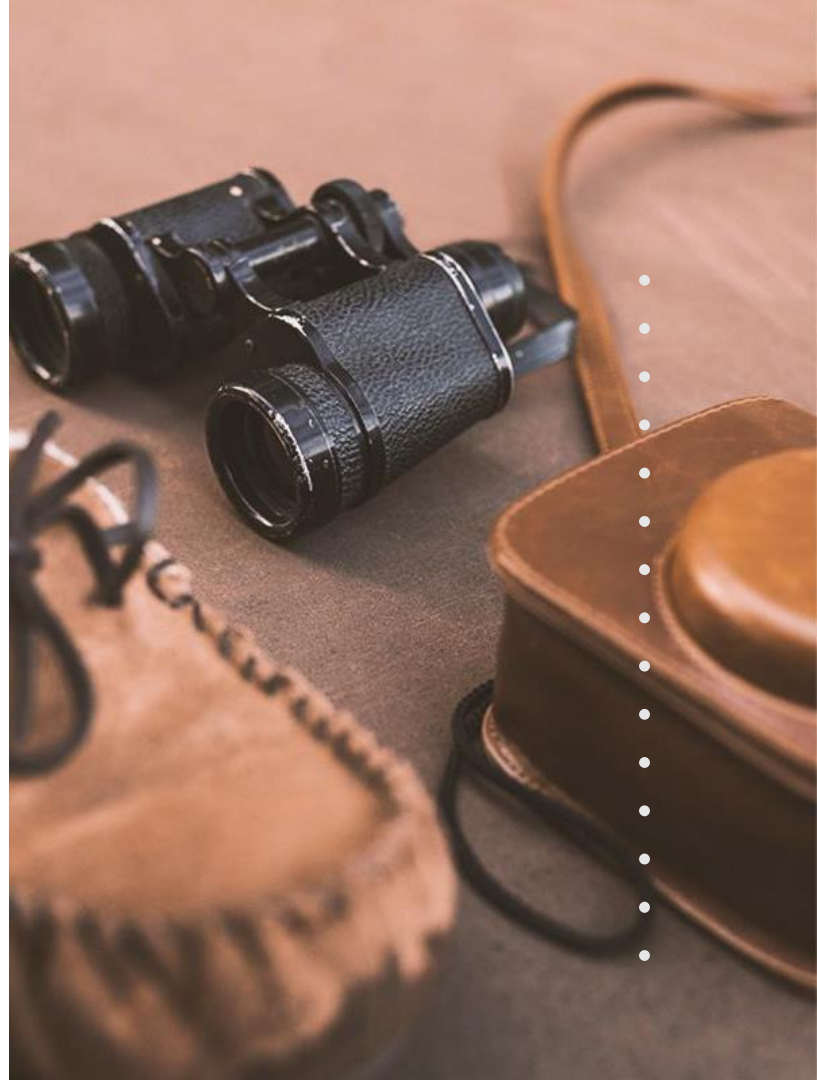
.....



**Grow
through
it...**



**You're ready
but...**





**Sometimes
we fail.**



You're not alone.

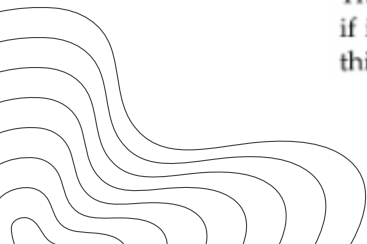
JOHANNES HAUSHOFER CV OF FAILURES

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.



Growth Mindset



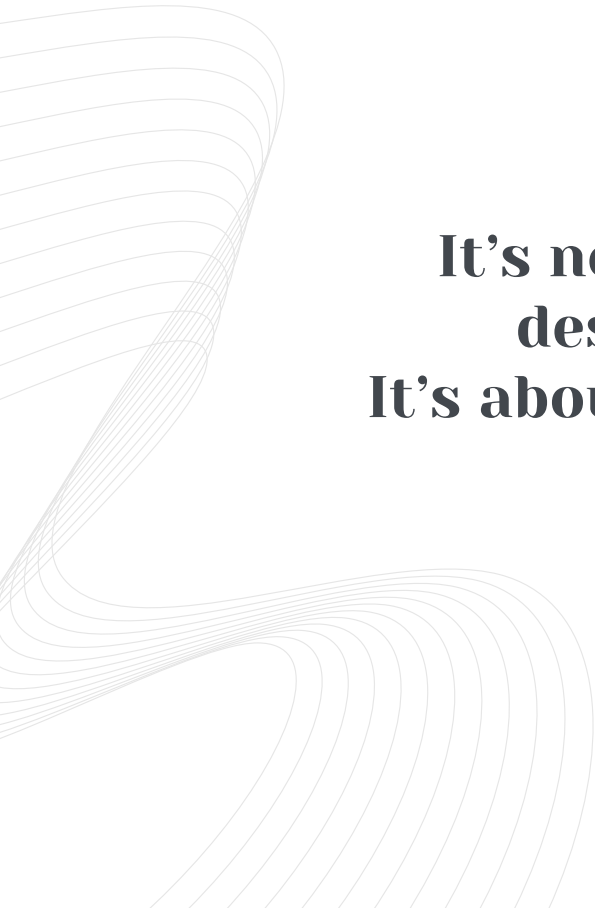
VS

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.**



Choose your own Adventure!

Option 1

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



Option 2

You've made it into grad school, but do you ever feel like an imposter?



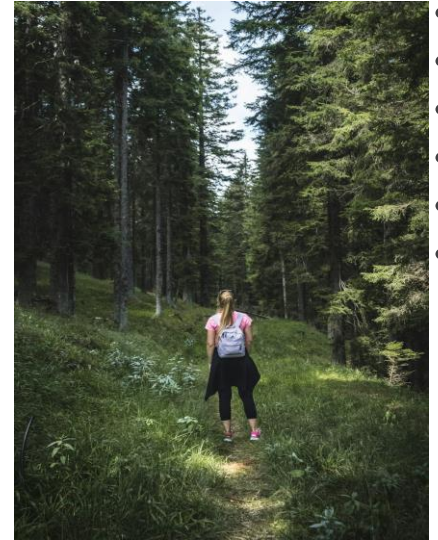
Option 3

Sometimes things do go wrong... how do we pick ourselves up, dust ourselves off?



Option 4

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





04

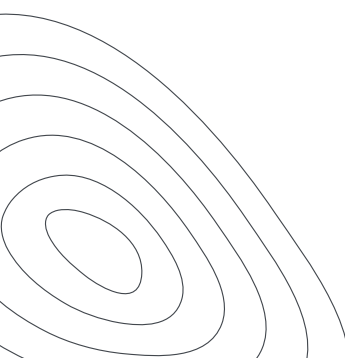
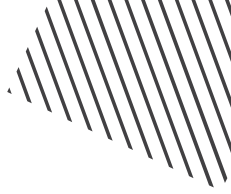
.....



**Transitions
are hard.**



Mindset matters



We all go through transitions...



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

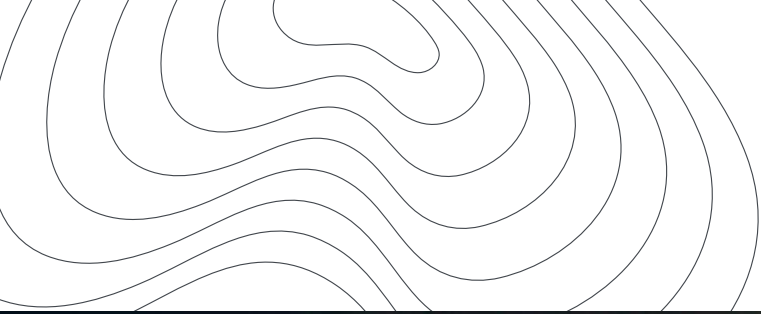


Lean on your support network.

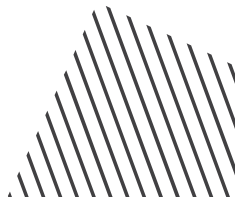


**Prepare
as much
as
possible.**





**What are you
excited about?**



Choose your own Adventure!

Option 1

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



Option 2

You've made it into grad school, but do you ever feel like an imposter?



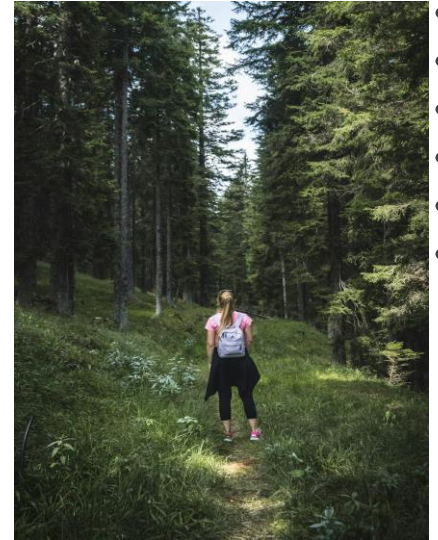
Option 3

Sometimes things do go wrong... how do we pick ourselves up, dust ourselves off?



Option 4

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



The future is yours!

