Outline

- Work-Life Balance
- Time
- Finances
- Relationships
- Health & Exercise
- Common Stressors
Work-Life Balance

- Common and well accepted
- Good life feeds back positively to enhance productivity at work
Google calendar/reminders

Be on time! Don’t follow IST times.

Schedule time for life, exercise, play and sleep

Schedule downtime (Time off/Buffer time) – Science always takes longer than what you think it would!
MIT workshops on managing finances

Credit card – Get one early, builds good credit history

Funding school
- RA, TA, Fellowship
- Resources when you lose funding – grad admins, ISO, ODGE (Dean Staton and Dean McKnight), TA
Professional Relationships

- Networking – talk to people, don’t feel shy!
- Understanding yourself is first step to dealing with people successfully
- Always have a 30 sec introduction of yourself and your work ready
Professional Relationships

- Professor and student relationship
- Choosing advisor and cultivating mentors
  - Talk to graduate students/post docs before joining a lab
  - Talk to multiple faculties at the same time; don’t predispose yourself to any given one early on.

*Image of comic with text:*

Admitted Applicants Day... Hi, I’m a prospective grad student! Can you give me a lab tour? Uh... sure... follow me...

As you can see from our poster board, our focus is... Blah, Blah, Blah... and this project looks at... Blah Blah...

So, as you can see, Prof. Smith is a terrific advisor, and all of us here at the lab lead happy, rewarding lives as grad students.

Well, it was nice meeting you. Good luck on your decision! Bye!

See that puddle? That’s our first year masters student.

Please... take me... with you...
Personal Relationships

- Family far away – time zones great for keeping in touch!
- Family as a source of strength
- Create different support networks
  - Friends
  - Colleagues
  - Professional contacts
  - Recreational buddies
Personal Relationships

- Be a good listener
- Marriage & family in graduate school – very common!
- Remember always life can have positive balance on work
Eat and sleep well

Exercise

- Gyms – Z center, alumni center, dorms
- Recreational sports – basketball, badminton, tennis, squash, soccer, cricket, swimming
- Aquatics -- sailing, rowing
- Marathon
- Bike around Boston
- Getfit @ MIT
- PE classes

http://www.mitrecsports.com/
Common Stressors

- Culture Shock
- Family far away
- Course load
- Advisor Relationship
- Qualifying Exams
- Research – unstructured, doesn’t work most of the time
- Time
Managing Oneself - Resources

- When you are stuck or uncomfortable, figure out why and who you can ask for help!
- Then ask for help!
Recreation

- Tons of things to do in Boston and at MIT
- My favorites: dancing, travelling, watching theatre/movies, running and swimming
Places around Boston
Sports
Beaches and Ponds

CRANE BEACH

NAHANT BEACH

WALDEN POND
Art

Symphony Hall

Glass Flowers

Theatre

Museum of Science