

TODAY'S LECTURE: Grad Student Life Advice

- HW: DUE NOW.
- NO CLASS ON FRI

99.9% of your "work focus" is on research, today we will talk about all the other stuff.

RULE #1: take care of yourself

RULE #1a: take care of each other

→ MAKE SURE YOU STAY PHYSICALLY & MENTALLY HEALTHY

→ pragmatically: can't do research if you're sick or depressed

... & grad school can make it very easy to fall into one or both of these

→ PHYSICS IS INHERENTLY SOCIAL

↑

ACADEMIA IN GENERAL, PROBABLY ALSO INDUSTRY

TO CONSIDER → you pay for the gym, use it
EVEN JUST TO WALK BY THE POOL

IMPOSTOR SYNDROME IS REAL
fight it

CHALLENGE: know yourself well enough
to know how you recharge
... & do this effectively
[you can't take a 1mo
vacation to hawaii
every quarter]

like athletics —
train your body/mind
to need less rest ...
BUT MAKE SURE YOU GET WHAT YOU NEED

WHERE TO GET HELP

- UCR COUNSELING (CAPS)
- GRAD SUCCESS PEOPLE
- GRAD STUDENT UNION ← not the club, the UNION OF STUDENT WORKERS

ISSUES: PI, JOPY, DEPT CHAIR, → escalate

↑ start here

KNOW THIS FORMAL STRUCTURE

↑
eg Title IX
Grad Division
Office of Ethics
Ombudsperson

A ROAD MAP

THIS WEEK: SURVIVING CLASSES

WINTER: NO CLASSES, [P288]

finding an advisor

how to impress an advisor?

- RESPONSIBILITY
- INITIATIVE / ENTHUSIASM
- PERSONALITY FIT
- OVERLAPPING INTEREST

- do your homework
- know where you are
- we care about A-, A"

SPRING: COLLOQUIUM

↑ why do we have these?

where your careers are going!

- see related fields
- interact w/ physics / astro outside UCR

more later

- see GOOD TALKS.
(imho - we've mostly failed on this)

→ [TO LEARN]

↑ READING PAPERS IS THE LEAST EFFECTIVE WAY TO LEARN.

SUMMER: RESEARCH - not nec. a commitment
don't be afraid to
try something.

COMPREHENSIVE EXAM - PASS THIS!!

FALL 2018: ADVANCED CASSES AS NECESSARY
(SUBFIELD - SPECIFIC)

ALSO: APPLY FOR FELLOWSHIPS

US CITIZENS: NSF GRFP

international
→ have to
search

Research statement + broader impacts

↑

important!
you will need to
revise this over
\$ over in your
career

↑

don't reinvent
wheel, but
need to do also
meaningful
outreach.

other fellowships: NOSEG, HERTZ, DOE SCGER
FORD, SORDS, PUBRIGHT, ...

spend an hour searching,
talking to grad advisor.

ONWARD: RESEARCH ← hard, but this is the
difficulty you're used to

managing your PI: ← expert on your research + lab,
not an expert on you

- make it clear what you need to succeed
eg reg. meetings, more feedback, less meetings,
more mentoring

eg reading
papers
(HBSI eg.)

↑ find this! peers, senior students,
postdocs

"WHAT ELSE SHOULD I BE DOING?"

think about getting to the next stage —
I'll assume this is a POSTDOC in your field

① GOAL: BY your last year, you are operating as a postdoc — just like you were doing research as an ug.

↗ Figure out what that means in your subfield.

② MATERIALS

obvious ones

- PUBLICATIONS

obvious one

- CV

← how is this diff from resume?
it has everything.
keep it updated; have a website

- RESEARCH STATEMENT

↗ by last year: SHARP POLISHED!!

• LETTERS OF REC (≥ 3)

✓ typical

↳ YOUR PI ... then who?

IDEALLY: FACULTY COLLABORATORS;
esp from other institutions

how?? TRAVEL; NETWORKING

go to conferences, workshops,
GIVE TALKS

↗ interact w/ people in your field
who visit UCR!

↗ your advisor can help w/ intros, but
you may have to push a little

• PRESENTATIONS

HOW TO IMPRESS PEOPLE (in discussions & talks)

- Know how to politely introduce yourself

↑ social cues & etiquette

- ELEVATOR PITCH ← short, to the point,

- in general, how to impress people who know more than you? (or seem to...)

↳ teach them something in a way they haven't thought of it before

↑
after all, isn't that what your research is!

→ don't be afraid to be a student

NOBODY EXPECTS YOU TO KNOW EVERYTHING,
BUT DON'T PRETEND TO KNOW...

↑

KISS OF DEATH FOR ME!
BETTER: STOP AND I ASK
FOR CLARIFICATION

HOW TO PREPARE A GOOD TALK

- NEVER GO OVER TIME

- TELL A STORY → HELMEYER'S CATECHISM

- what you're doing
- why it's important
- how it's done currently
- how yours may be better
- how to check ...

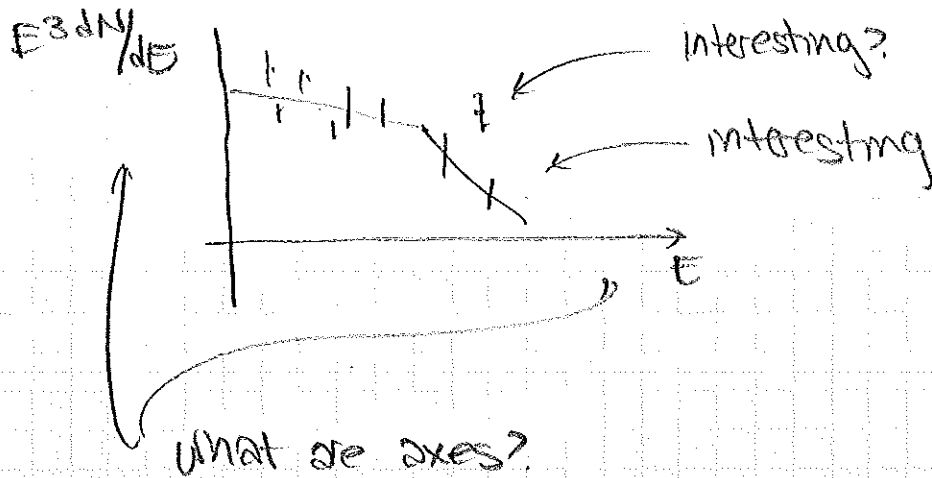
- SLIDES : include your name on each slide
email
slide #

SLIDES SHOULD BE CLEAN

avoid clutter
Bg.

↳ I don't want to read,
I want to listen
(TED talk style)

USE GRAPHICS, then explain them
tell us how to feel



- cite past work, esp if the authors are in the audience

• same w/ equations, explain them, don't show
→ do you need derivation?

↳ DO NOT WEIGHT YOUR TALK CONTENT
BY THE TIME YOU SPENT ON EACH
PART!

⑩ QUESTIONS: be ready
acknowledge when you don't know
stand your ground when you
do know, I know how to
control the discussion

nb: your first Q/A talks will be awful!
→ DO THEM IN A FRIENDLY ENVIRONMENT,