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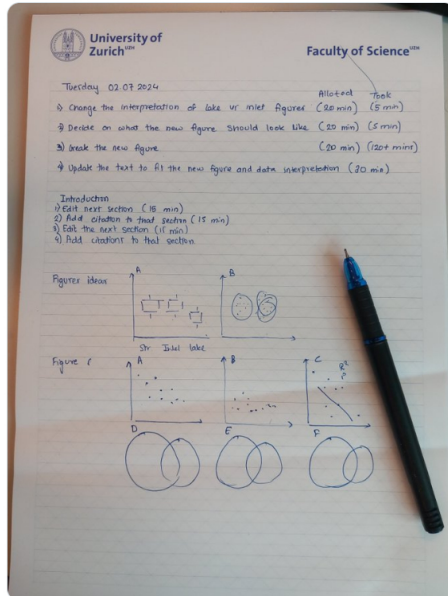
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fred
@fredboehm1978

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Anish Kirtane
@DNAsaur_

My PhD thesis is due in a couple of weeks. With so many things to take care of, I have adopted more effective to-do lists to manage my tasks and I am never going back! Here are my tips for best practices to improve output (1/n) #phdlife #AcademicChatter #phdvoice #AcademicChatter



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Anish Kirtane · Jul 2

1. Make a to-do list the day before. It takes a lot of mental capacity to plan first thing in the morning. It's much easier to get started if you already know what to do. (2/n)

1

2

157

19K



Anish Kirtane · Jul 2

2. Break tasks into small specific chunks. Smaller the better. Write them down this time. Stick to the time. Be as specific as possible. This way each task has a deadline, and you can see the progress as you complete tasks, which I find motivating (3/n)

3

1

103

19K



Anish Kirtane · Jul 2

3. Figure tip: It's easy to lose sight of the goal while doing data analysis and creating complex figure panels. Draw out the figures you want to create beforehand. This way you always have a visual of your goal in front of you that guides you through to figure completion. (4/n)

2

4

115

20K



Anish Kirtane · Jul 2

4. STOP WORKING when you have completed your list. Congratulate yourself on the great day, and make a new list for tomorrow! You got this 🙌 (5/n)

3

6

156

19K



Kanya Vishwanath · Jul 2

love the idea of allotting time and seeing how much time a task actually takes! I wasn't able to continue this beyond a single sitting, though, did you manage to continue this practice throughout?

1

1

19

13K



Anish Kirtane · Jul 2

Have been doing the time thing for quite a while now. Had to force it the first few times but it becomes a habit quickly once you see the results in your productivity!

1

1

20

11K



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**Baguma John Henry** @jbaguma · 15h ...


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 1 699





**Muhammad Asif** @asif_ecologist · 13h ...


Good luck 🍀

 1 515





**Hicham ABDELOUAFI** @hiabdelouafi · 4h ...


It's good to dedicate time to writing PhD dissertation. But, I typically don't exceed 8-9h per day. Take time to enjoy life, breathe & discover ourselves during this marathon, too. Our well-being (mental health), is of utmost importance to ensure continued progress in research.

 107







**Brayan Campos-Salazar** @ABrayanCampos · 23h ...

Amazing!! What to do in case of underestimation of time? I'd normally fall in that category where I believe a task will take me no more than 30 mins and end up being like 2 hours :(

 8 2.6K

**Arthur Hill** @arthurhill_ · 16h ...

"Alloted: 20 min, took: 120+ min" very relatable tbh

 8 1.2K

**DPE Summit** @dpesummit Ad ...

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