Chapter for the public idea:

For each heading, start with a song lyric that I can elaborate the time within the research

* Main times to hit:
  + Prelim
    - Covid?
  + The struggles
    - Nothing working times
  + Good data moment
  + The end?

If possible, would be cool to attach the song for each section, so each song can be listened to while reading the section and then tell a small story about how it relates to my PhD. At the very least, attach a spotify playlist that can be listened to for a description of my PhD experience.

Intro:

Hello! Whoever you are (friend, family, stranger) thank you for taking the time to read the journey of my thesis. To personify this journey and truly share the experience in a form that I feel embodies the experiences I had throughout the past 6 years, I had to ask myself what is the best way to speak about this. It was listening to x song that I experienced a phenomena known as frisson, where my body begins to truly lose itself, as if I can feel my pores and a tingling sensation go up my spine and everything begins to feel okay. Music, my main coping mechanism throughout this time, is the way I have decided to share my life with you now.

Feel free to read this chapter however you like, and I hope you enjoy the songs that I’ve placed here. Thanks again for reading, and best of luck on whatever journey you are currently facing :D.

Flipside-Postlude

The intro. About how you can love someone so much that people don’t really understand

* Likely a tribute to my friends and family that stuck with me. I have put away so much meaningful connection with others just to get this finished. I’ve gone weeks talking to only 1 or 2 people and rejecting any advances for increased connection because the stress was unbearable. This one’s for all those people who’ve stuck by me rather than rejected me

Limbo

* Design sequences
  + Sort-Seq
* Design sequences
  + Sort-Seq
* A process that takes months to complete and feels like no progress is being made…
  + Talk about how I’ve reached a point of low progress. Although I learned how to code, the journey and the path to becoming proficient enough to do my work was fun and came quick, but then I hit a wall where progress on my journey began to plateau (metaphor here)

Something about the above following repetition: I can talk about the process of learning protein design in the first place, having to scrutinize the way I did it, and continue to think critically about how to do it again in a more elegant way

Feels like limbo because I’m doing the same thing, but maybe at a slightly lower limbo level. Can probably equate it something to trying to limbo and the difficulty of things just getting slightly higher. You can feel yourself improving, but at the same time it feels like there’s no end. The stick just keeps getting closer to the ground, and you somehow keep finding a way to do what feels impossible, squish yourself under, and keep going.

BEEF reminded me of some of my traumatic experiences as a child. The things that happened rarely or even more often. The thoughts I never think about: my parents fighting all the time my Sophomore year of high school. Throughout it all I’ve just been able to be focused…And I just want to stop. It feels like it never ends and that I can ignore everything for this work. And I have. For people who haven’t been able to…I hope they’re doing well. Completing a PhD is a lot about luck. For the most part, my family has been healthy, and I’ve been able to maintain my own health through their support. I’m fortunate to have them by my side this whole way, and this PhD wouldn’t be complete without them. I have sacrificed so much life for this PhD, and I’m excited to be able to feel alive again afterwards.

Ideas to emphasize:

* The fact that I can’t talk to any of my family about my research, or what it’s like to do research/phd

“” – Nothing Revealed / Everything Denied

* Visualizer focuses on a variety of aspects of life

I need a song to describe how badly failing my prelim wrecked me and completely changed the way I live. I don’t go out, I lost friendships, I can’t be spontaneous, I always feel behind, I forever feel inadequate, I always feel judged and critiqued, constantly feeling betrayed or berated for thinking. Finding ease in my own thoughts but fearing sharing them with others.