



PHS LAUNCH

Day 2

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Special thanks to Even Paglisotti
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widthheightcenter Get the slides



Why be intentional?

- Being in a PhD program is like being a kid in a candy store: there are so many choices of so many amazing things you could be doing, but also our stomach capacity is limited!
- There are many demands on our time and our attention – and not just academic demands
 - responsibilities to partners, friends, and family
 - financial pressures
 - self-care needs
- FOMO and difficulty saying “no”

Two Mindsets

FIXED MINDSET

"intelligence is static"

Leads to a desire to look smart and therefore a tendency to...

...avoid challenges

...give up easily

...see effort as fruitless or worse

...ignore useful critical feedback

...feel threatened by the success of others

As a result, they may plateau early and achieve less than their full potential

GROWTH MINDSET

"intelligence can be developed"

Leads to a desire to learn and therefore a tendency to...

...embrace challenges

...persist in the face of setbacks

...see effort as the path to growth and success

...learn from criticism

... find lessons and inspiration in the success of others

As a result, they become life-long learners and find joy in the process of evolving their knowledge and skills



adapted from the work of Carol S. Dweck, PhD

Reflections & Intentions: The Exercise

- The purpose of this exercise is to give you a vision of where you want to be two years from now
- Help you remember your “why” when things get tough
- Opportunities to check in yourself to see, “Am I on the path I said I wanted to be on?”
- If not, what can I change to get back there?
- Or... is this path no longer serving me and I need to re-evaluate and make a new path?
- This exercise isn't about predicting your exact future. It's about exploring the direction you want to move in, knowing that paths shift. Think of it as taking a compass reading, not drawing a fixed map.

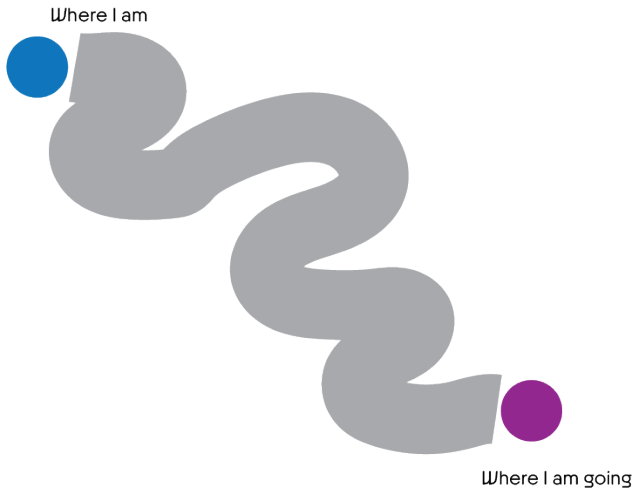
Consent

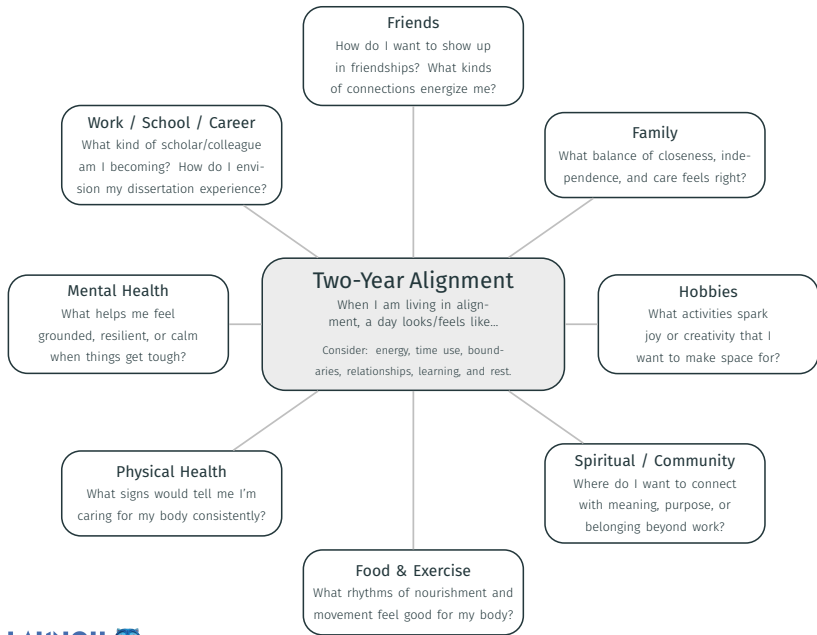
- Freely Given
- Reversible
- Informed
- Enthusiastic
- Specific

Ask your deeper wisdom

If I woke up two years from now and felt deeply aligned with my values, what would a day in that life look like?

- What would I notice about
 - myself?
 - my relationships?
 - my work?
 - my well-being?
- What would feel easier or more joyful because I was living in alignment?



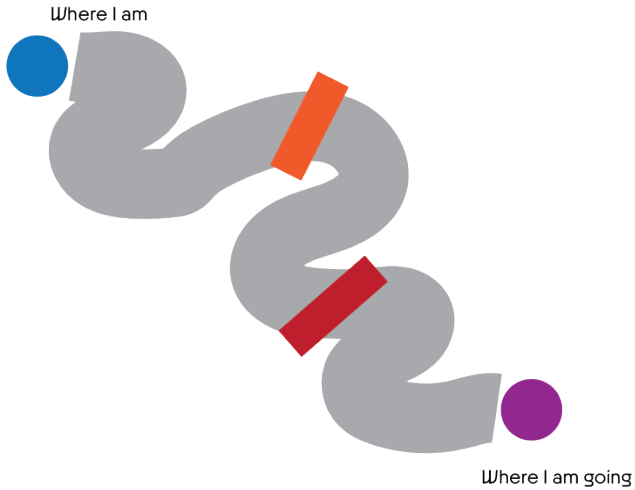


Ask your deeper wisdom

What **obstacles** might I face in getting from here to there?

Think about **internal** and **external** obstacles, e.g.

- **Internal:** habits, mindset, procrastination, perfectionism, energy management, imposter feelings
- **External:** funding, workload, program requirements, family responsibilities, structural barriers, lack of time or mentorship

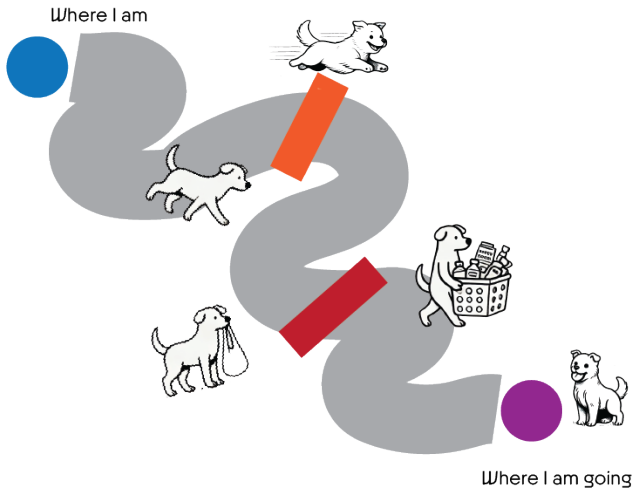


Ask your deeper wisdom

What **resources** can I call upon to help me navigate these obstacles?

Think about **internal** and **external** resources, e.g.

- **Internal:** resilience, prior successes, values, problem-solving skills, practices (meditation, journaling, exercise)
- **External:** mentors, peers, program staff, friends, family, professional services, writing groups, therapy, financial support



Obstacles

Examples:

- **Internal:** habits, mindset, procrastination, perfectionism, energy management, imposter feelings
 - **External:** funding, workload, program requirements, family responsibilities, structural barriers, lack of time or mentorship
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Resources

Examples:

- **Internal:** resilience, prior successes, values, problem-solving skills, practices (meditation, journaling, exercise)
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Closing Reflection & Pair Sharing

Take a minute to review your notes. Then, in pairs, share as you wish.

Guiding questions

- What, if anything, **surprised** you about your two-year vision?
- What did you **notice** when you compared that vision with where you are now?
- Which **obstacle** seems like the biggest barrier? What **resources** (internal/external) could help? If none come to mind, how might you begin to cultivate new ones?
- What **inspirations, values, or role models** are shaping your imagined future?

Pair activity

- Form groups of two and share one or two insights.
- You can decide how much to disclose—whether about your specific vision, your obstacles, or simply how the process of reflecting felt. Both content and process are welcome.