



# PHS LAUNCH

Day 2

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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

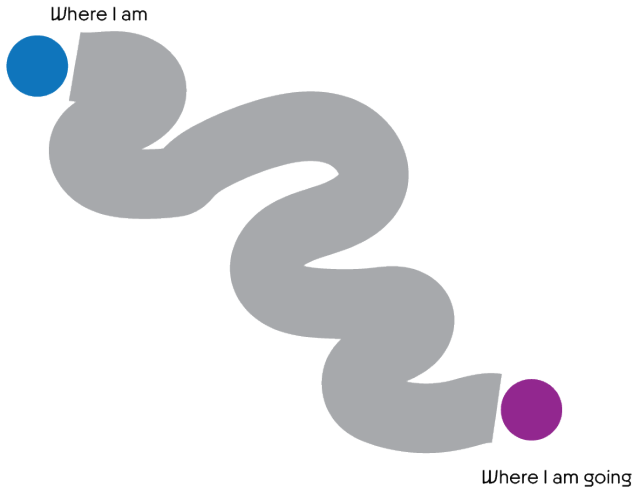
- Freely Given
- Reversible
- Informed
- Enthusiastic
- Specific

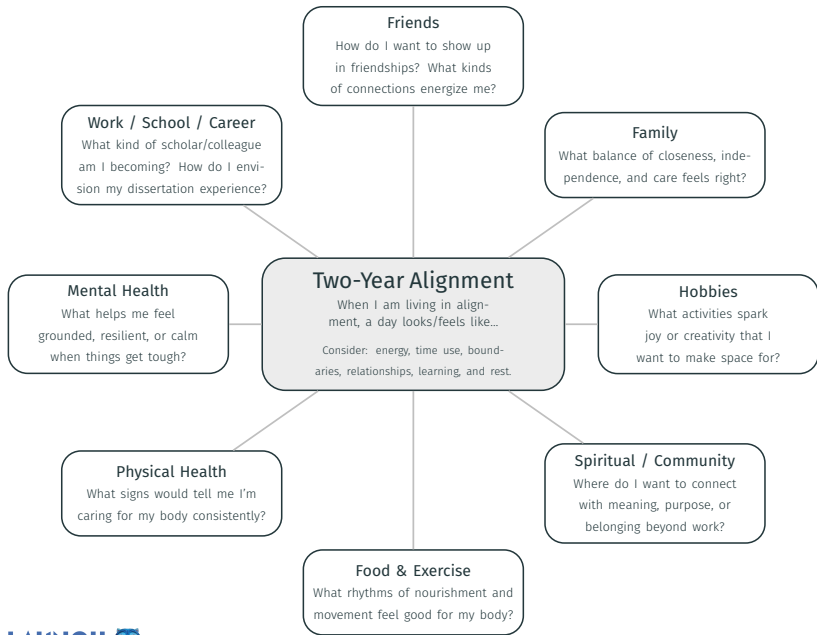
Ask your deeper wisdom

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?





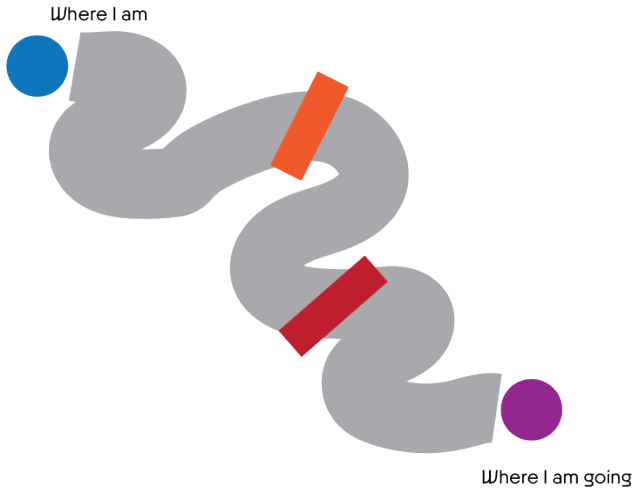


Ask your deeper wisdom

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

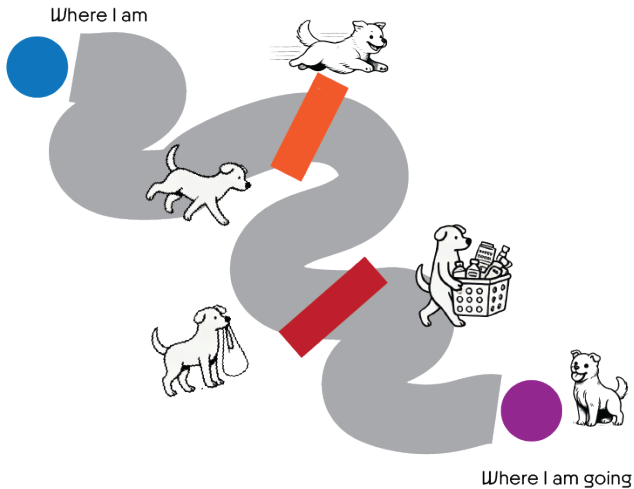


Ask your deeper wisdom

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.