



Calendar

MONTHLY **2024** PLANNER



January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

INTERIM MINDFULNESS FEEDBACK

Fri. 15. Dec. 2023

Motivation

- You're very motivated student, always completed your tasks nicely and more than just on time, and always eager to learn more.
- What do you need to feel more motivated?
 - Your supervisor
 - Social life in lab
 - Feeling related to the study species
 - Seeing the big picture (saving the world)
 - The study topic itself
 - ...

Tutoring

- You're very good at self-study. However, when you have a tutor or peers who know things, don't struggle on your own. Set a limit to self study (f.e. I will try this for [how long] until I ask for, first advice, and if not working, finally hands-on help.
- Have I been giving you enough tutoring? Which part do you think you need more attention?

What you have learned

- **General:** about the study subject
 - seed dormancy
 - "natural variation"
 - literature reading, presenting
- **Technical:**
 - experimental planning, setup,
 - first steps in R
- This might be pep talk of all supervisors but literature reading really helps. It reflects in the quality of your presentation:)

To learn further

- What are you motivated to learn more (after this)?
 - Coding
 - Statistics
 - Drawing nice plots
 - Plant ecology
 - Seed study
 -
- Have you ever felt feared of doing something?
 - Statistics/math
 - Experiments go wrong
 - Nobody to turn to
 - Too much supervision
 - ...

Feel-good

- Do you feel motivated everyday to work on the projects?
 - If you dread every Monday. or every morning you wake up and realise it's working day, then something **MUST** be fixed.
- What makes it better?
 - Your own or other people's problem?
 - Always nice to talk to someone who can give you motivational support