



## HOW TO ~~SURVIVE~~ STAY HAPPY IN GRAD SCHOOL ADVICE FROM CURRENT PHAS GRAD STUDENTS

Grad school can be a daunting  
endeavour!

However, with proper  
management, it can also be one of  
the best experiences of your life



## What you should always keep in mind:

- Boundaries are key. Remember to be assertive and clear with your advisor!
- Do not overwork yourself! Prioritize setting (and following) a work schedule – it can either be some hours a day, a week, etc. This can help you set clear work/life boundaries and avoid burnout
- **Do not feel guilty about taking time for yourself**
- Compartmentalize your tasks to avoid bottlenecks
- Make friends outside of physics
- Don't compare yourself to others. Everyone is at a different stage in their research journey!
- Mental health is as important as physical health. Acknowledging that is half the battle won
- Get involved in your department's activities! (TA, talks, seminars...)
- Try to spend time in nature and exercise
- Don't take anyone too seriously: everyone is overworked and gets moodier as the term goes on
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- Go outside! Vancouver is beautiful year-round
- Small things can improve one's mood rather easily. Treat yourself to something you like every week.
- Remember to nourish every aspect of yourself
- You might have exhausted the tried-and-true ways of staying happy and still feel unhappy. That's okay. Life as a grad student sucks sometimes -- but that is temporary, we promise. Stick with it, and it will get better.