The Grad Student's Guide to Surviving your PhD

# Don't Panic

- Or -

how to survive your PhD

Jilles Vreeken





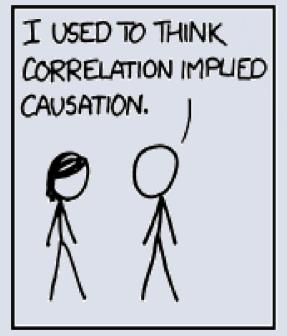


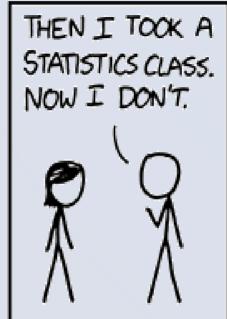
1) I'm not the "useful" type of doctor

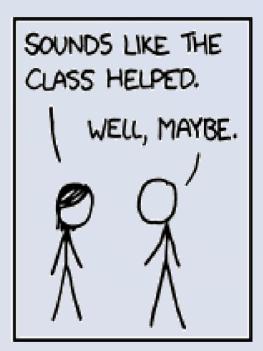
- 1) I'm not the "useful" type of doctor.
- 2) Any advice you'll get is useless.

Don't ask **survivors** for advice.
"Russian roulette is a
great way to make money!"

- 1) I'm not the "useful" type of doctor.
- 2) Any advice you'll get is useless.
- 3) This is not a scientific presentation.







- 1) I'm not the "useful" type of doctor.
- 2) Any advice you'll get is useless.
- 3) This is not a scientific presentation.
- 4) I stand on the shoulders of giants.



## Let's start with

the **best** advice you'll *ever* get...

# 





## Time of Disillusionment

### I have some bad news for you

## Doing a PhD will help you find out

- there are people who are better than you
- you are not good at everything
- being good at courses is not enough
- doing what you are told may not be enough

## And, most prominently: life is unfair

- people less smart or hard-working will be luckier, get better results
- people who have done worse work will end up with better jobs

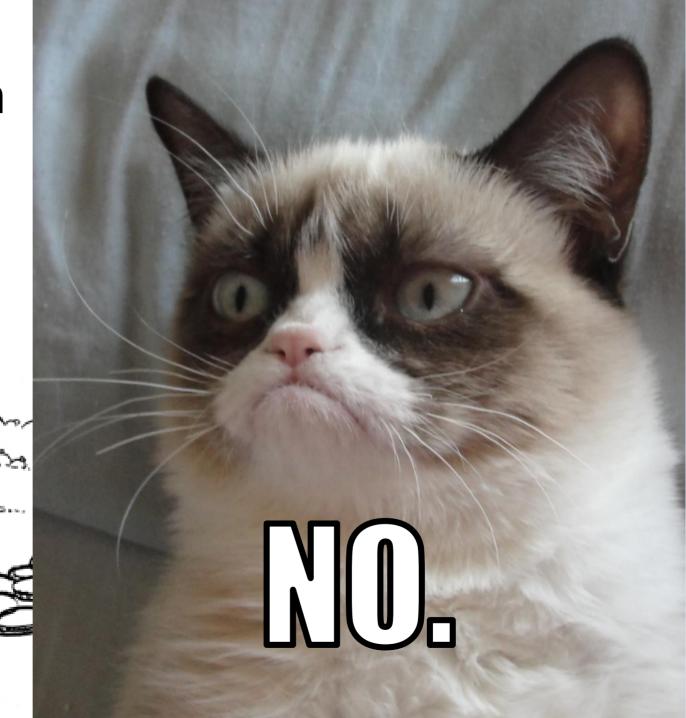
## First things first

Why do a PhD?

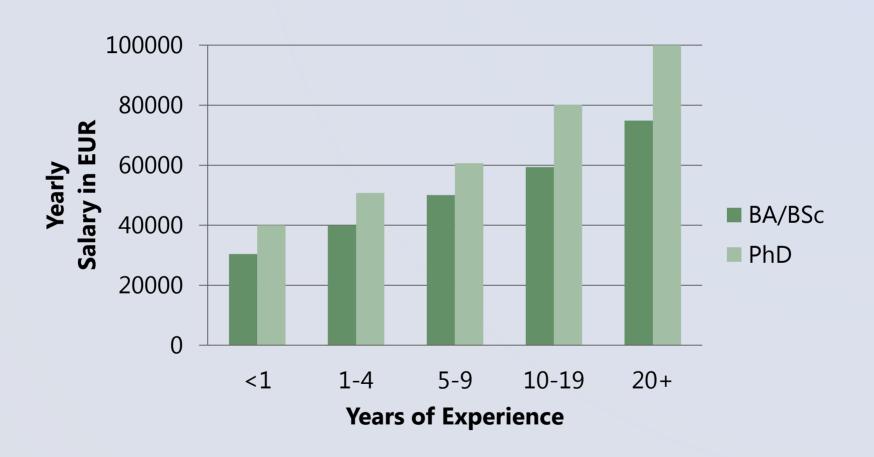




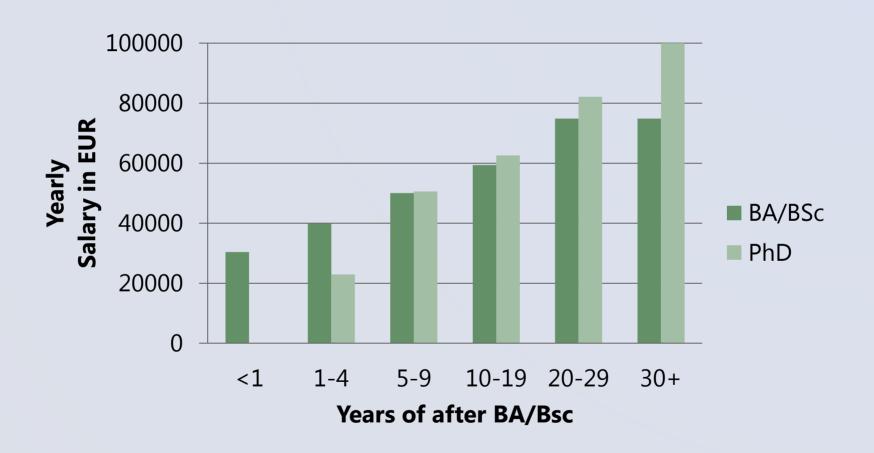
Its gonna make me rich!



## Salary by Degree



## Salary by Degree



## Variation in Salary

Years of experience explains 28% of the variation in salaries. Knowing whether you are a manager or have a PhD add another 4 percentage points.

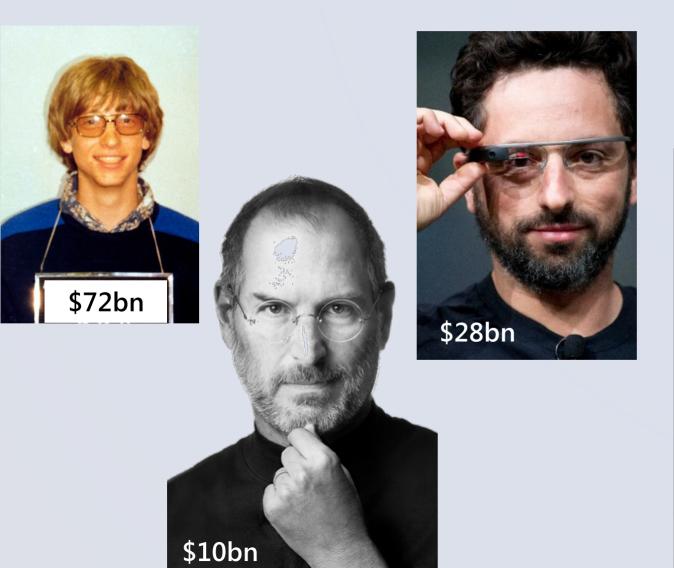
## Variation in Salary

Years of experience explains 28% of

# 5 extra years of experience worth **more** than a PhD!

PnD add another 4 percentage points.

# Some degree-less people





## Some degree-less people



Skill sets and interpersonal skills vs. academic qualifications.



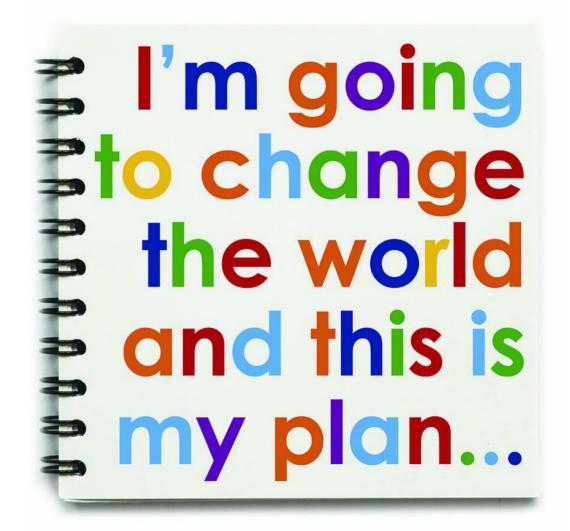


## First things first, again

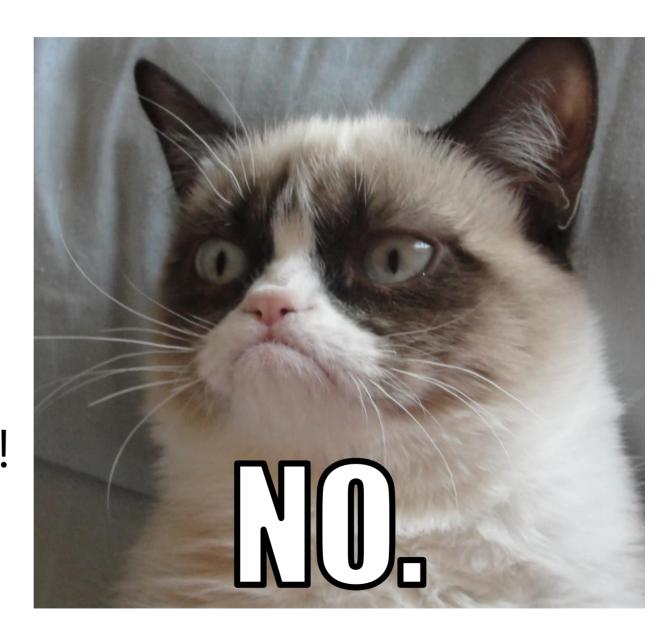
Why do a PhD?



Because my PhD is gonna change the world!



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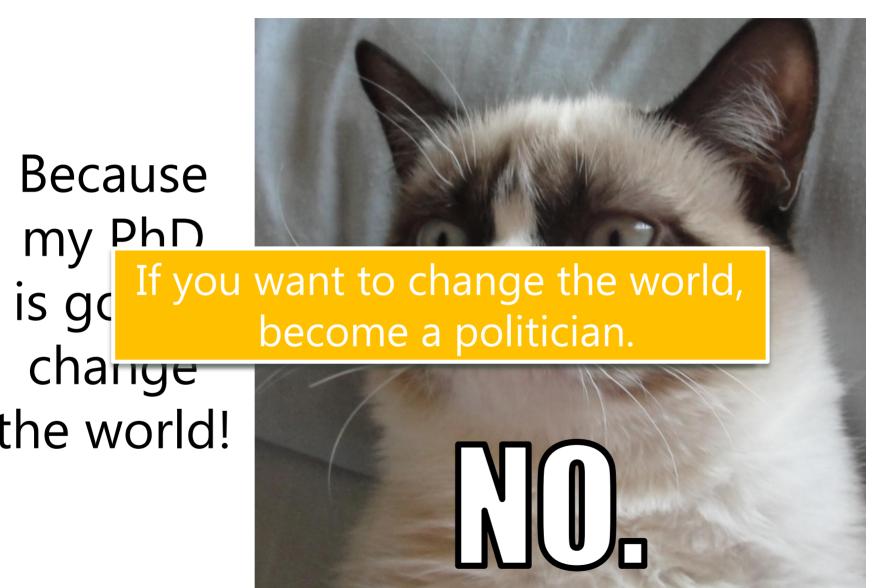




Because my PhD is gonna change the world!

Big Breakthroughs are rare, very rare. Once-a-career rare, if you're lucky.





# 

## If you're here for the right reasons...

## Doing a PhD can be awesome

But, what is the right reason?

## If you're here for the right reasons...

The One and Only Right Reason to pursue a PhD:

you are **fascinated** by a topic, you **want** to know all there is, and **need to discover** even more.





## Well-being and education "go together"

#### By Angela Harrison

Education correspondent, BBC News

People who are better educated are more likely to say they are satisfied with their lives, a study suggests.

And they are more likely to say that the things they do are worthwhile, according to **research** by the Office for National Statistics.

The study is part of a £2m project launched by the prime minister to try to measure people's happiness and well-being.



People who learn as adults are also more likely to rate their well-being as high



Office for National Statistics

05 July 2012

# Measuring National Well-being - Education and skills

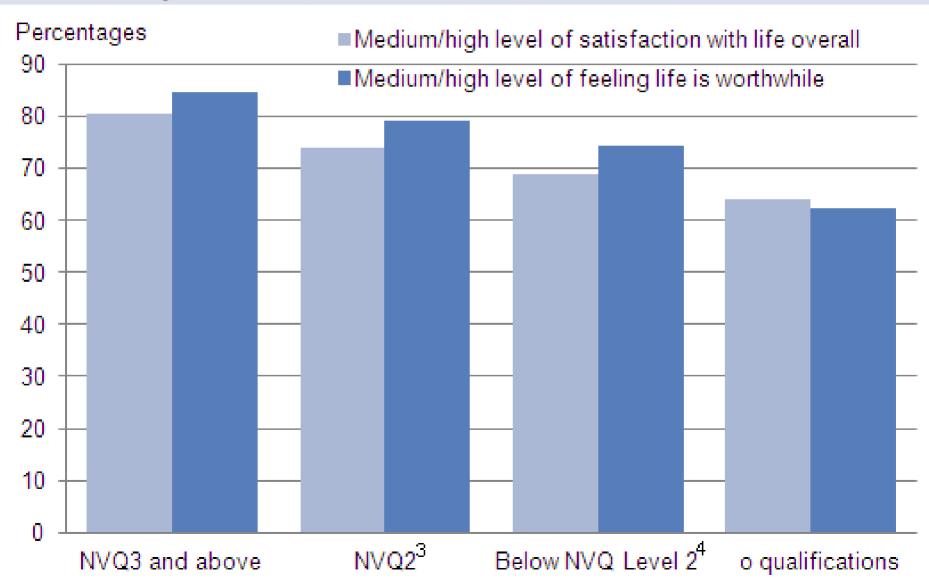
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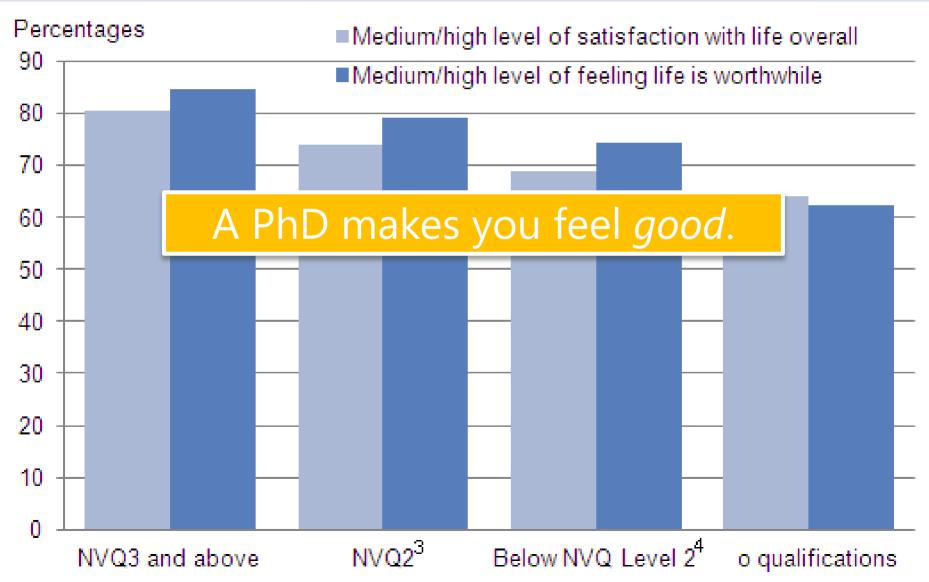
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People who learn as adults are also more likely to rate their well-being as high





#### What's Great about Working in Science

#### Freedom!

set you own agenda, schedule, ...

#### You get to travel regularly

■ to Beijing, to Paris, to Barcelona, to New York, how cool ...

#### What dress code?

I've seen keynote speakers in pyjamas

#### Invisible band uniting all geeks

helpful, enjoy learning, similar language

#### Surrounded by people who never grew up

smart kids who love to play

#### What's Great about Working in Science

#### HOW GRAD SCHOOL IS JUST LIKE KINDERGARTEN

ALL DAY NAPPING IS ACCEPTABLE THERE IS CONSTANT ADULT SUPERVISION









YOU GET COOKIES FOR LUNCH



MOST COMMON ACTIVITY: CUTTING AND PASTING



THERE ARE NO GRADES (YOU JUST HAVE TO PLAY WELL WITH OTHERS)



CRYING FOR YOUR MOMMY IS NORMAL



JORGE CHAM ® 2010

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#### What's Great about Working in Science

#### HOW GRAD SCHOOL IS JUST LIKE KINDERGARTEN

ALL DAY NAPPING IS ACCEPTABLE THERE IS CONSTANT ADULT SUPERVISION









# Working in science is amazing ... ... if you appreciate its benefits.





Industry, according to academia



Academia, according to industry



Industry, according to academia



# There's stress everywhere. Just different kinds.



Industry, according to academia

## What is a PhD?

'knowledge or a system of knowledge covering general truths or the operation of general laws especially as obtained and tested through scientific method'



#### Because!

Science is about discovering things we didn't know

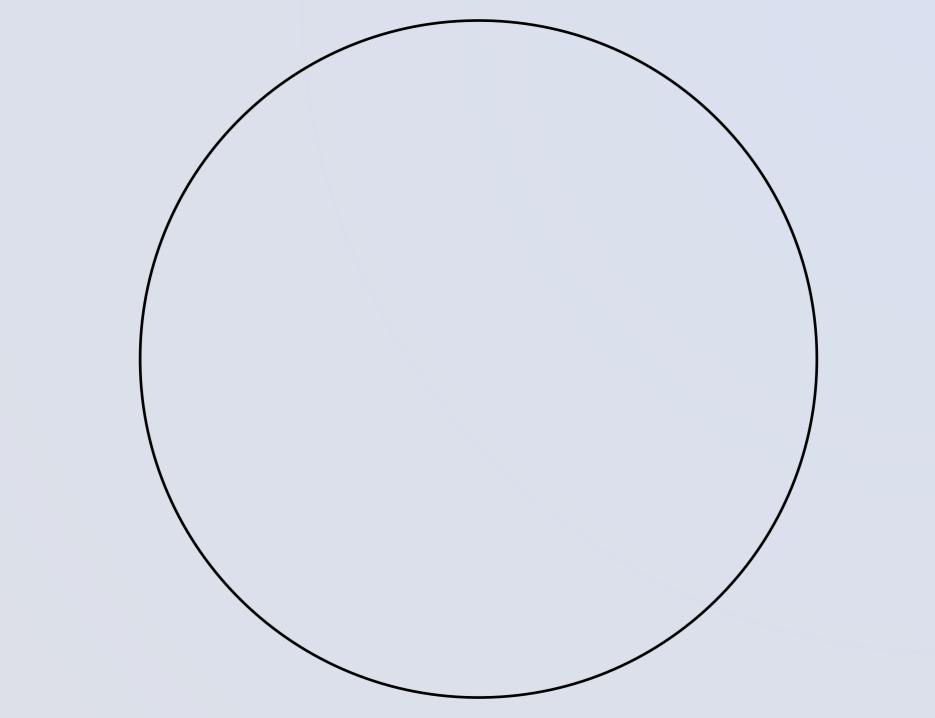
#### Because!

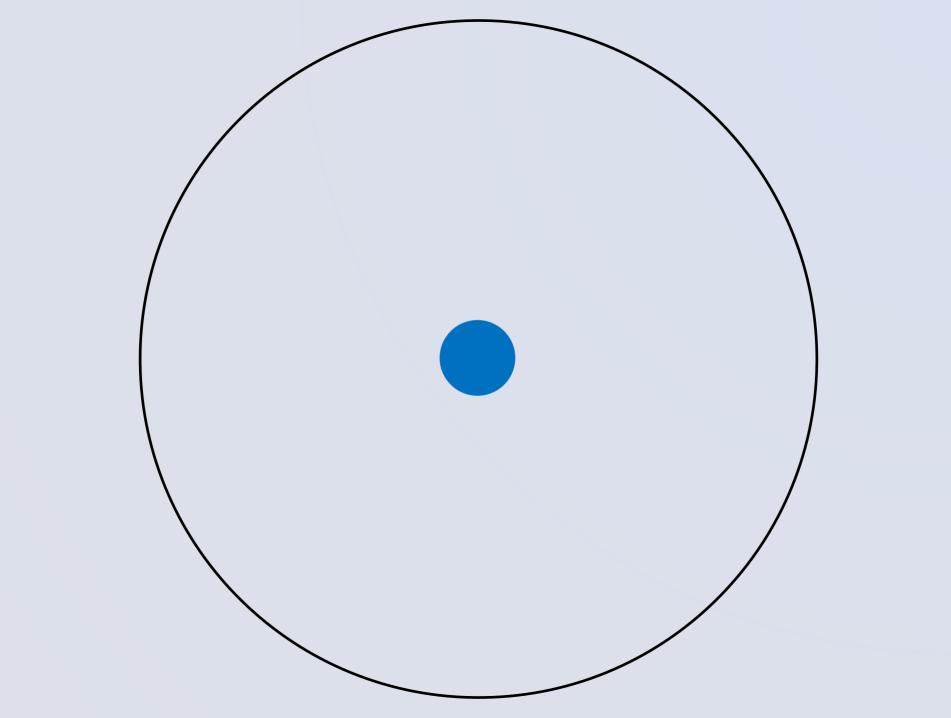
Science is about discovering new knowledge!

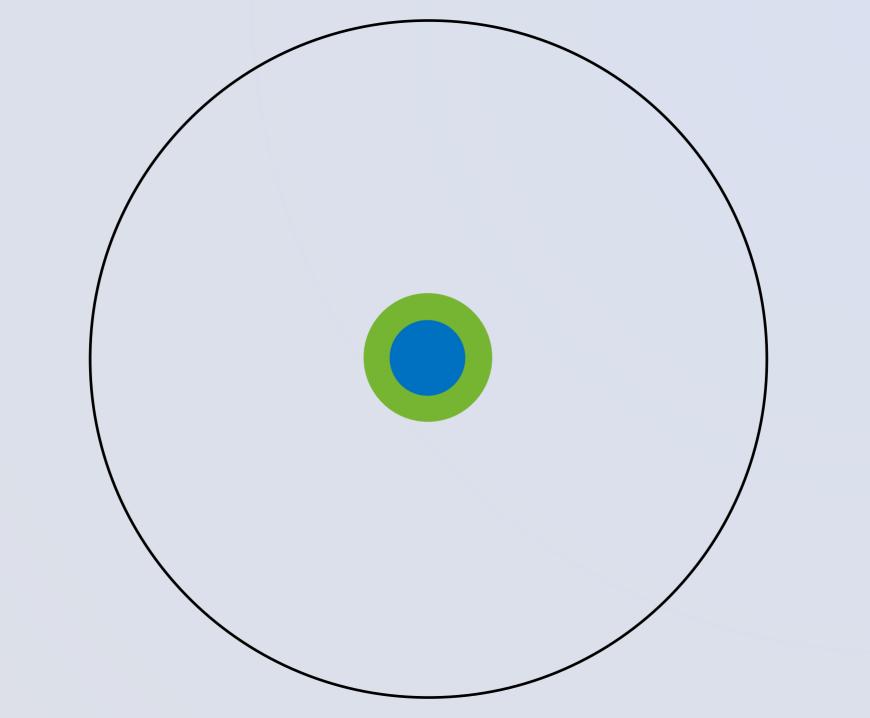
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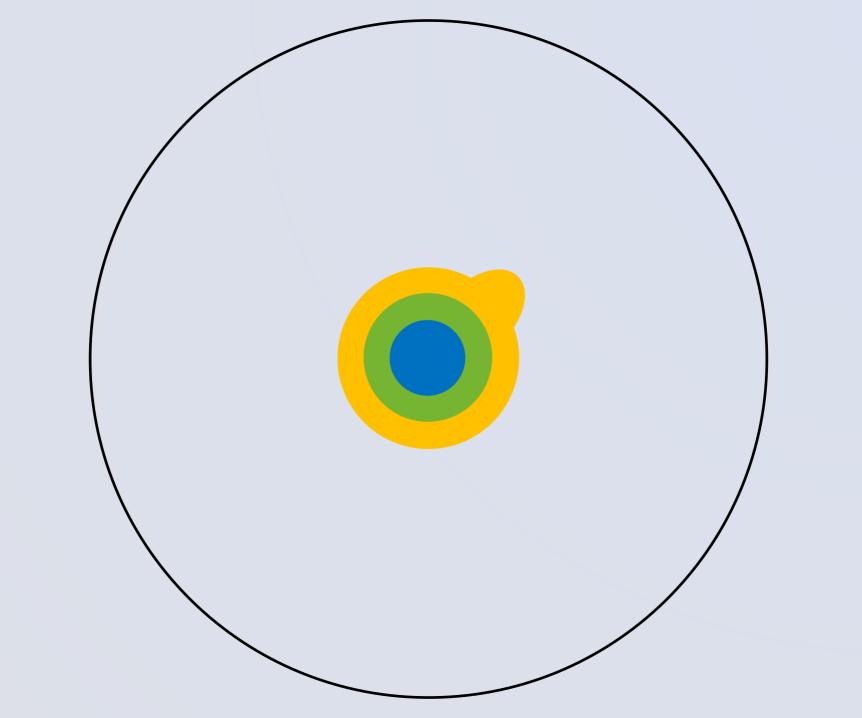
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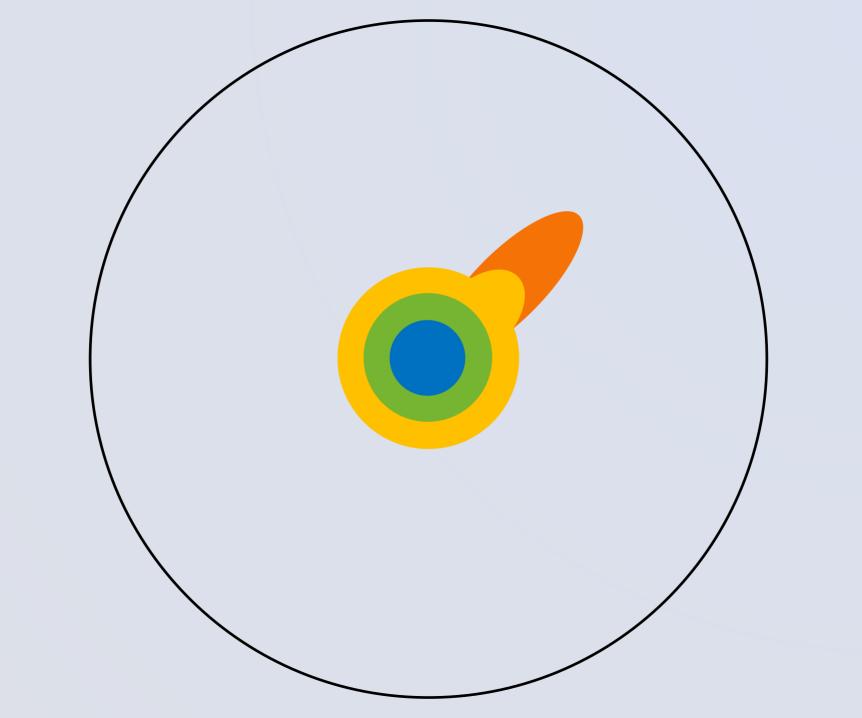
No, really, what is a PhD?

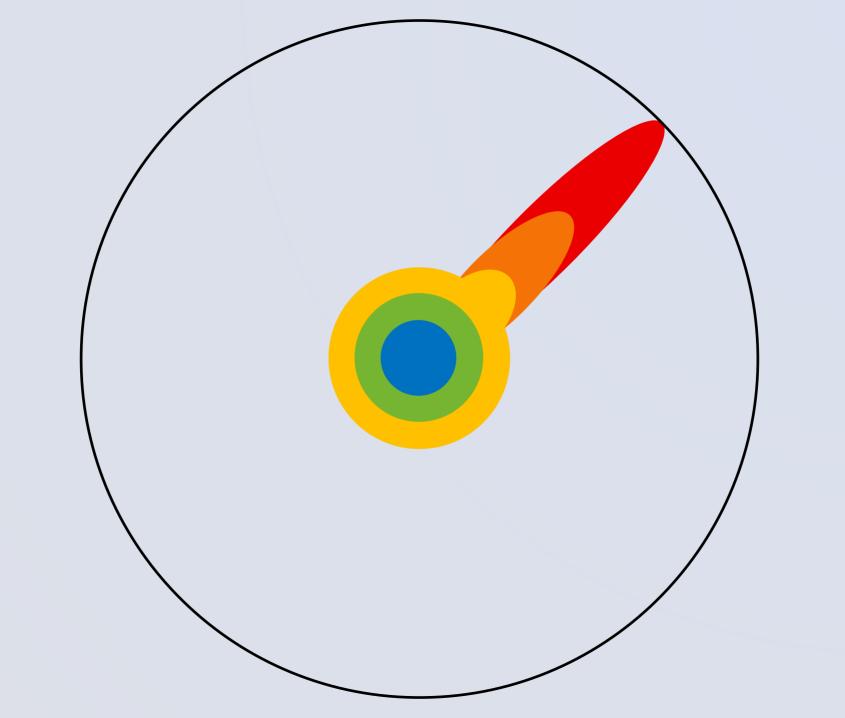


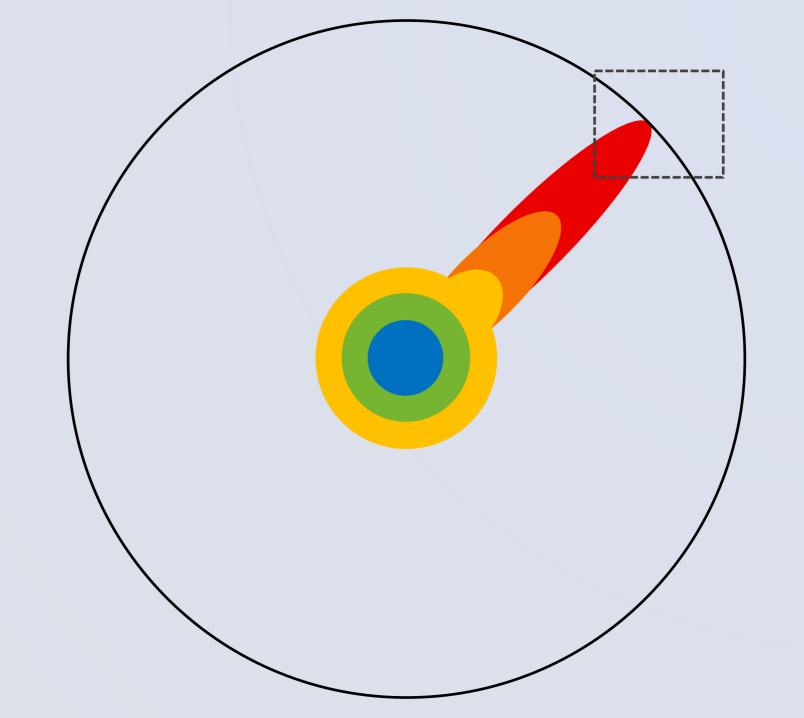


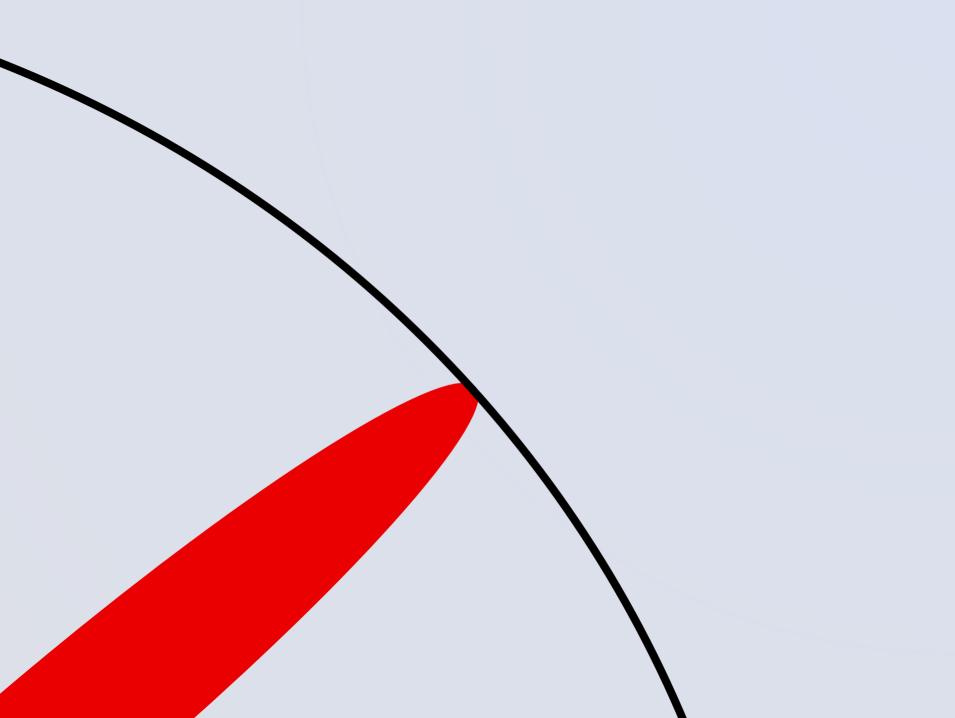


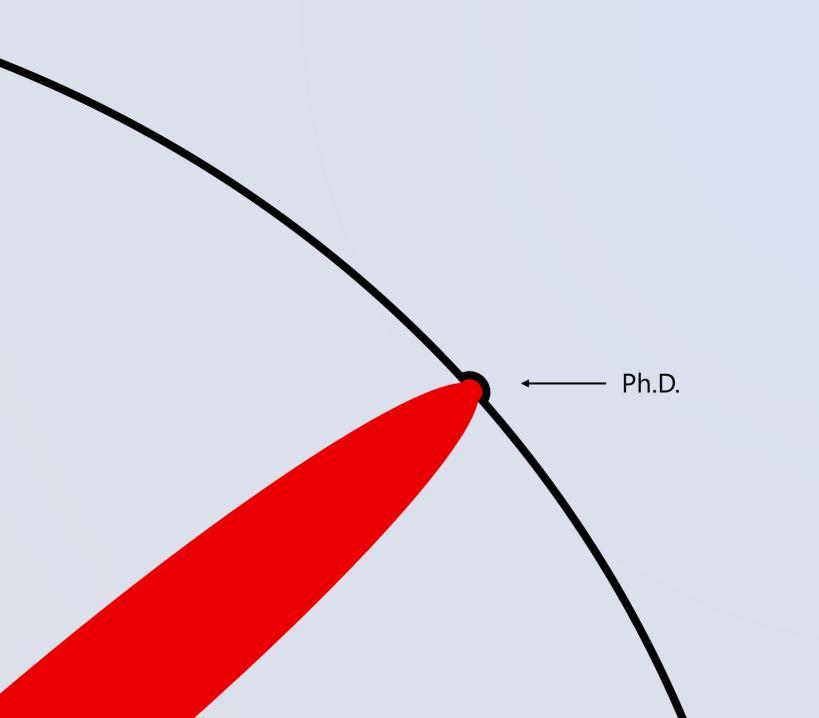




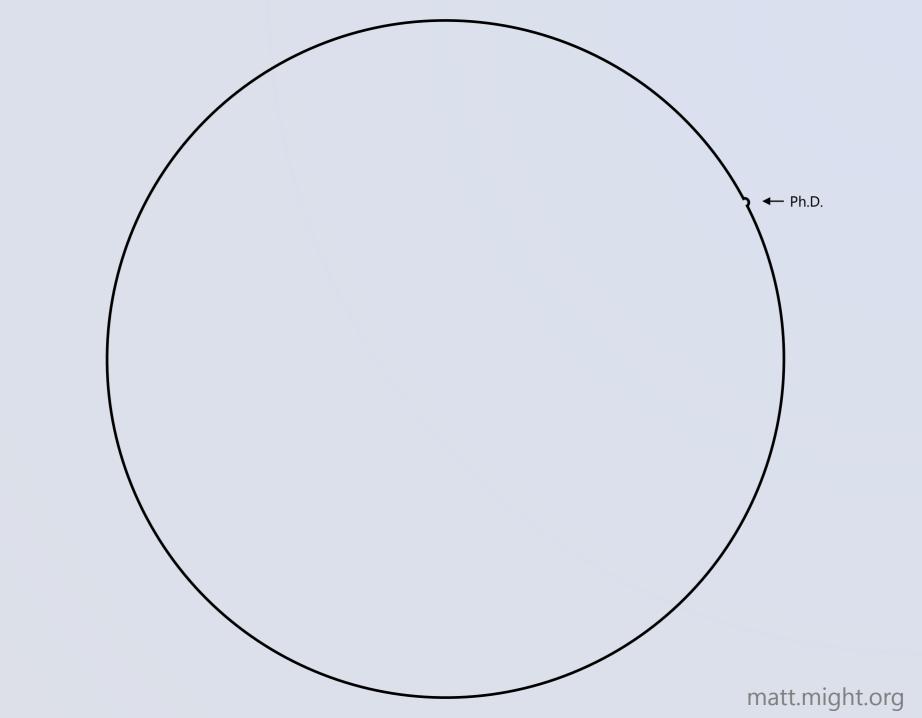


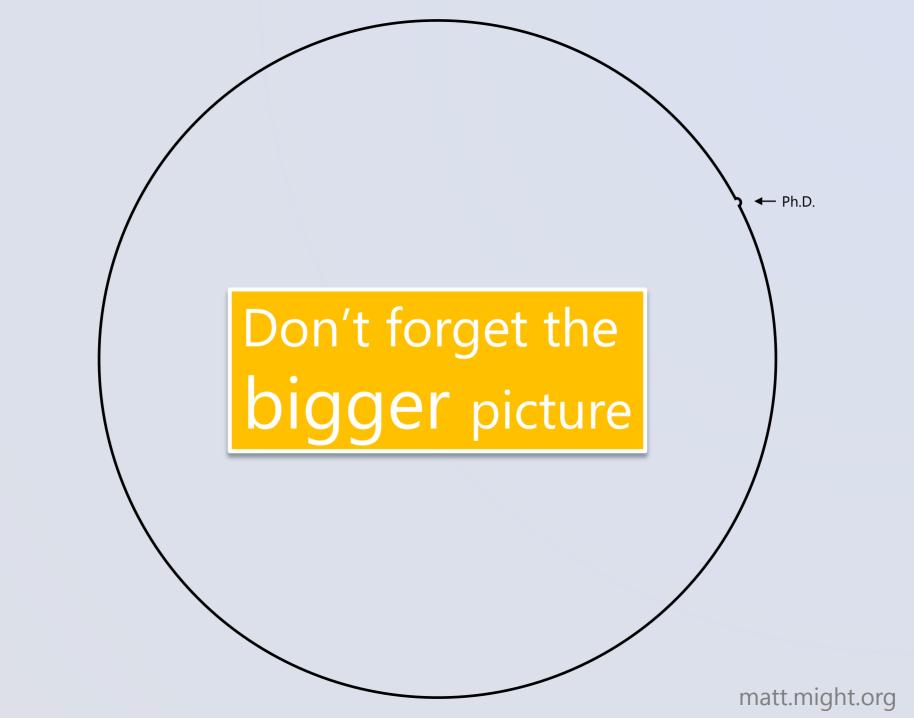


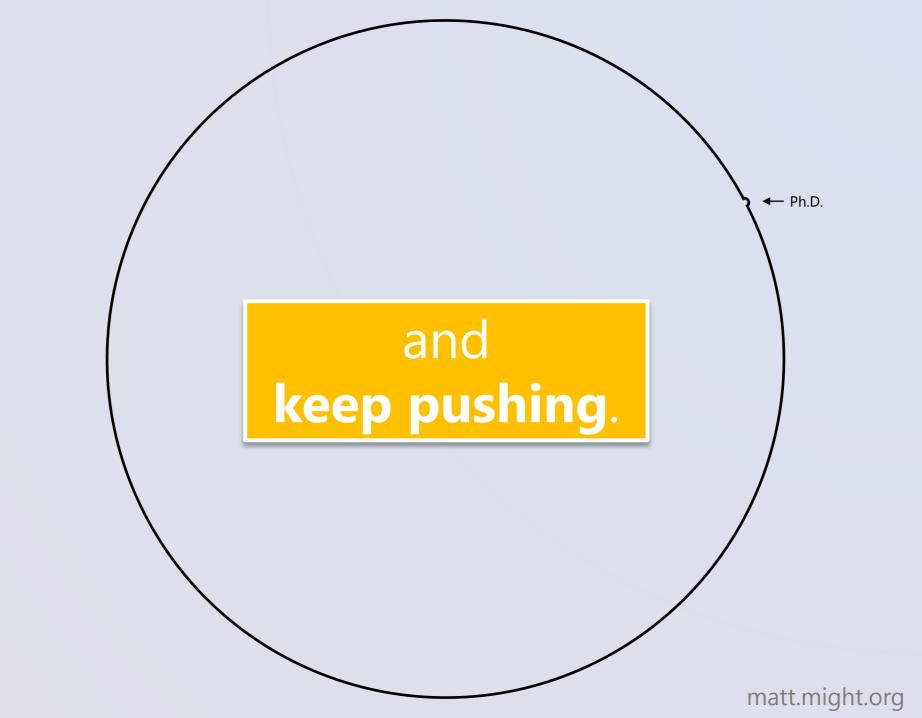












## Sometimes...



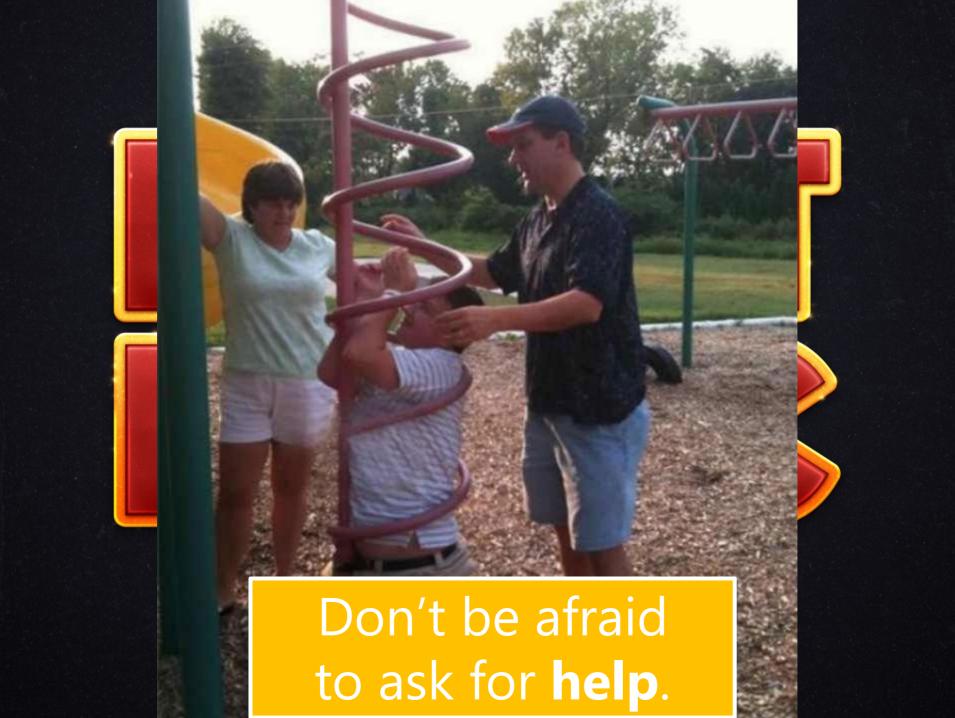
# WELL CRAP



# You're stuck.

# 













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# Choosing an Advisor



"Hey, that's just one omniscient guy's opinion."

# Choosing an Advisor

Research area matters ...

... but less that you might think (especially in CS)

Big Shot vs. Young and Exited

depends on overall support network

#### Stability

people move, change positions

Talk to current and former students

how long did they take? did they enjoy it?

# Choosing an Advisor

Research area matters ...

... but less that you might think (especially in CS)

Whole environment matters.
Find out by talking to students.

people move, change positions

Talk to current and former students

how long did they take? did they enjoy it?

# Getting a position

PhD positions are (much more) abundant (than you think)

often not advertised

PhD candidates are (much more) rare (than you think)

especially good ones

If you have good grades, did relevant projects, and good recommendations, your chances are very good.

- publications matter much less than you'd think
- and even if your choice supervisor has no money or time to supervise you, she'll be happy to help you in your search









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# Are you afraid of the Dark?

#### We're **explorers**

- we may strike gold, or
- find dirt, dirt, and more dirt

#### We don't **know** the way

- we follow intuition, and see where it leads us...
- soon, you'll know 'the way' better than your supervisor



# Are you afraid of the Dark?

or

more dirt

We're explorers

If you're afraid of the dark research is not for you.

We don't **know** the way

- we follow intuition, and see where it leads us...
- soon, you'll know 'the way' better than your supervisor

- You are 1 of Nstudents
- Your paper is 1 of M papers
- (S)he reviews Ppapers a year
- (S)he teaches Q courses a year
- $\blacksquare$  (S)he attends X committee meetings a week
- (S)he travels Ytimes a year

$$\frac{(365-14-52*2-5Y)*\left(8-\frac{X}{5}\right)-4P-3*16Q}{52*N*M}$$

N=5, M=10, P=20, Q=2, X=5, Y=4

hours /week for you answer = 0.54

- You are 1 of Nstudents
  - Be **realistic** about
- your advisor's time
- (and hence, *choice* of advisor)

Do the math!!! (S)he only has

$$\frac{(365-14-52*2-5Y)*\left(8-\frac{X}{5}\right)-4P-3*16Q}{52*N*M}$$

N=5, M=10, P=20, Q=2, X=5, Y=4

hours /week for you answer = 0.54

Keep your advisor up-to-date, but don't spam

Be interesting, not pestering

Agree on and check against SMART goals

Specific, Measurable, Attainable, Realistic, Timely

Try to phrase suggestions, not questions

■ "I think we should do X" vs. "Should we do X?"

There are other helpful people, you know?

officemates, postdocs, fellow students

Keep your advisor up-to-date, but don't spam

Be interesting, not pestering

Be proactive.

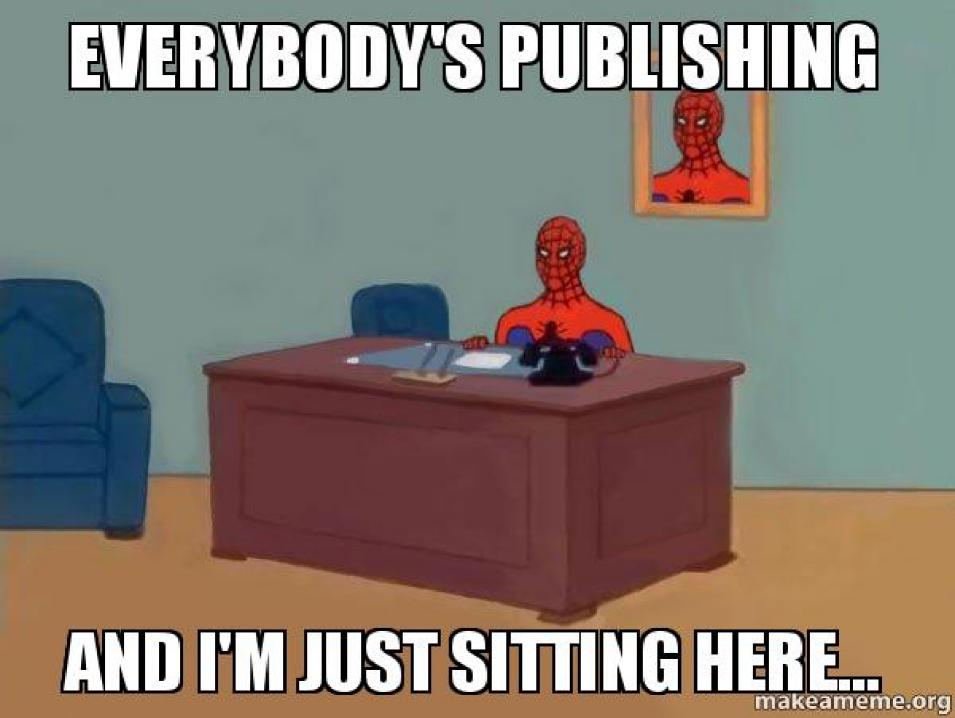
Agree on concrete goals.

Try to
"I t

Learn from fellow students."

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# 

# What is a PhD about?

Learning how to do science,

such that you become

an independent researcher

# What is a PhD about?

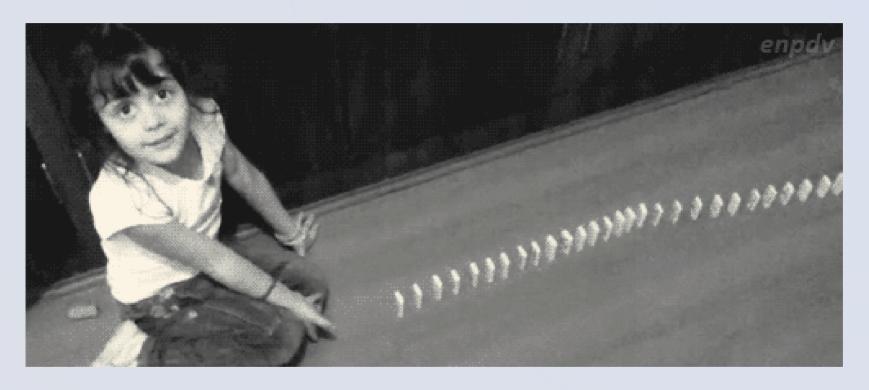
Do **not** compare yourself to more senior people.

an independent researcher





# All these papers are so nice...



and my research is not going anywhere...

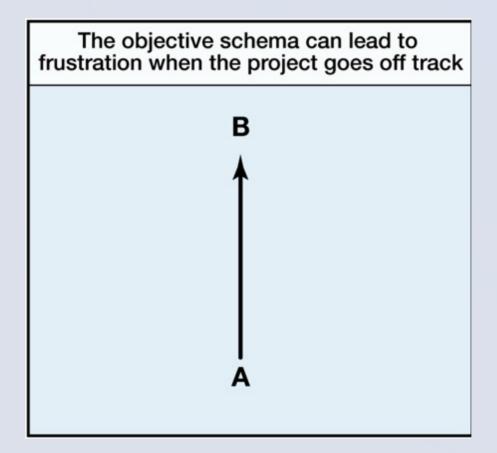
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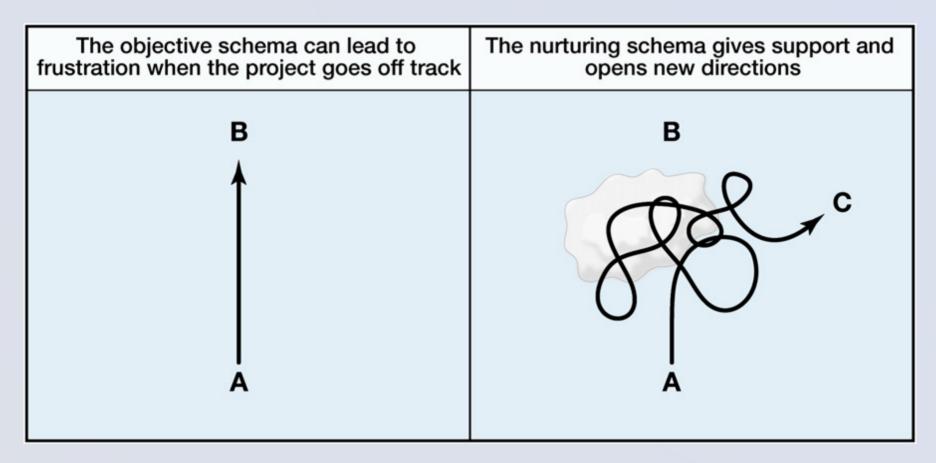
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# Reaching the Goal

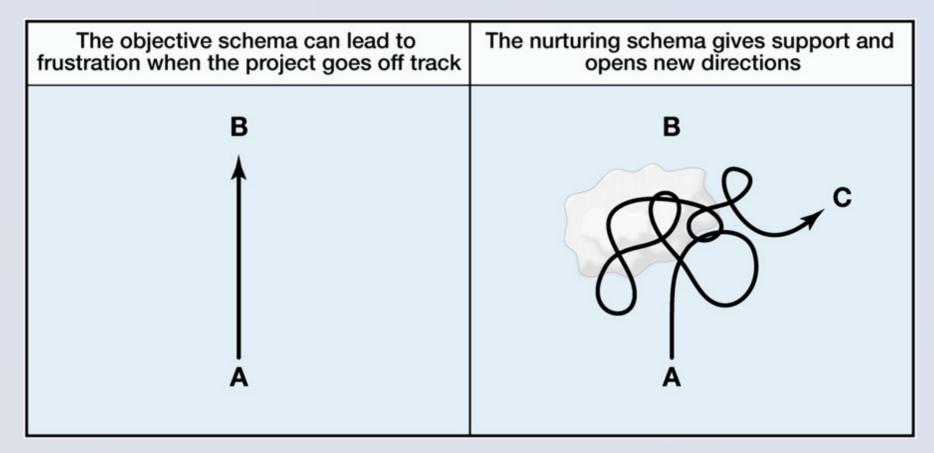
# Reaching the Goal



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A good **problem** is often worth more than a good **solution!** 



As a grad student you have to learn a lot

- new students often think they know everything.
- no bachelor student can immediately make a contribution

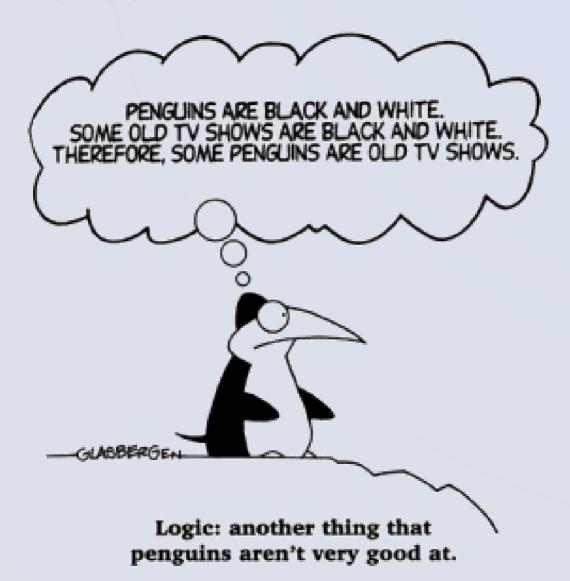
However, you're being paid to learn

Find out what you need to know.

Learn what it is. Read about it. Take classes. Practice.

As a grad student you have to learn a *lot* 

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new studer

no bachelo



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As a grad student you have to learn a lot

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Where the magic happens

your comfort zone

As a grad student you have to learn a lot

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Find out what you need to know.

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As a grad student you have to learn a lot

- new students often think they know everything
- You're being *paid* to *learn*How **cool** is that?

Find out what you need to know.

Learn what it is. Read about it. Take classes. Practice.

# Scientific Writing – in English

Science means a *lot* of writing

A paper is a story, not a shopping list

there needs to be a plot

Any draft can be shortened without loss

don't believe information theoretic lower bounds

Get help with concise but complete writing

don't forget reproducibility

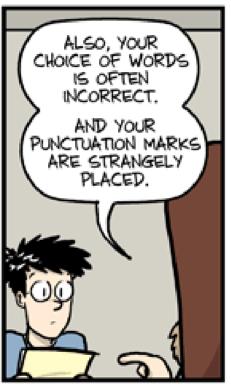
Don't have sentences being written in passive voice

they will not be easily read

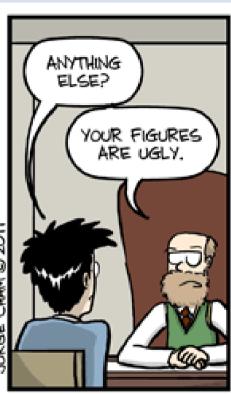
Hard to improve without detailed feedback

# Scientific Writing – in English









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they will not be easily read

Hard to improve without detailed feedback

# Scientific Writing – in English

Science means a *lot* of writing

A paper is a story, not a shopping list

# For every word ask: is it *necessary*? Train your language and writing skillz

Get help with concise but complete writing

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Don't have sentences being written in passive voice

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Hard to improve without detailed feedback

#### Notification

So you finished your masterpiece, submit it, wait...

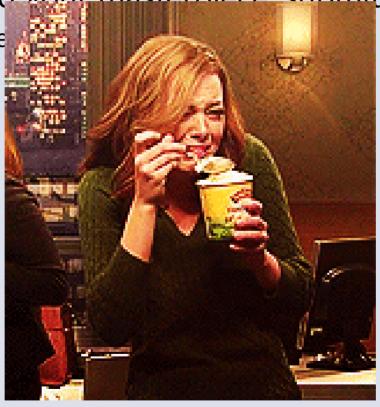
and then the reviews come in



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So you finished your masterpiece, submit it, wait...

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#### Happens to the best

Getting something published can be hard

- 10 to 20% acceptance rate means
- 80 to 90% of the papers get rejected

So you finishe

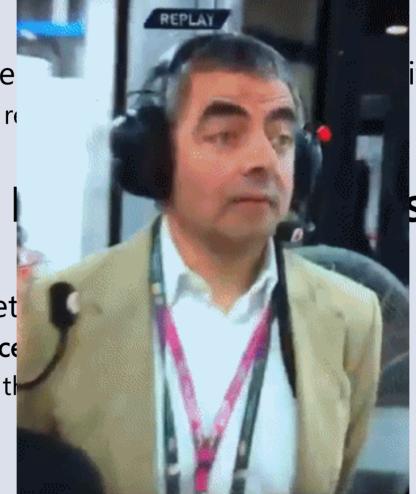
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Lots and lots and lots of noise in the review process

take reviews seriously, re-evaluate, improve your paper, resubmit

So you finished your masterpiece, submit it, wait...

and then <a href="mailto:line">then</a>



Lots and lots and lots of noise in the review process

take reviews seriously, re-evaluate, improve your paper, resubmit

So you finished your masterpiece, submit it, wait...

and then

Can take time to get publish. Use reviews to improve your paper, don't overfit.

Get<sup>\*</sup>



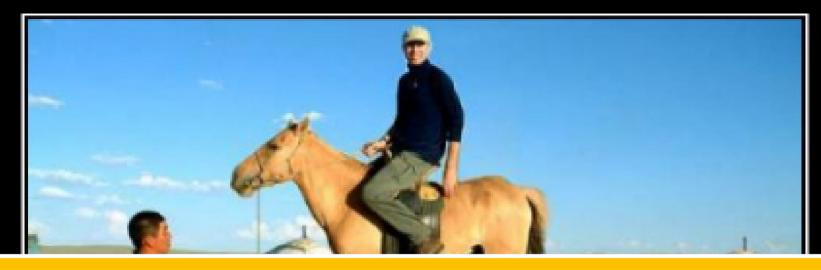
Lots and lots and lots of noise in the review process

take reviews seriously, re-evaluate, improve your paper, resubmit



# YOUR HIGH HORSE

Get off it.



When you are the reviewer: do your job **well**, don't be *that* guy.



# YOUR HIGH HORSE

Get off it.

#### How to work

#### Everybody works differently

find out what works for you



#### How to work

**Everybody works differently** 

find out what works for you

It's **not** about how many hours — *stupid* !!1!!!one!

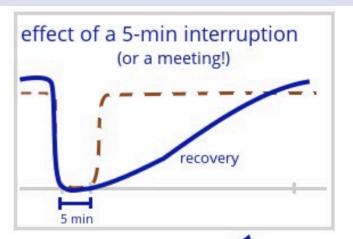
say no to peer pressure

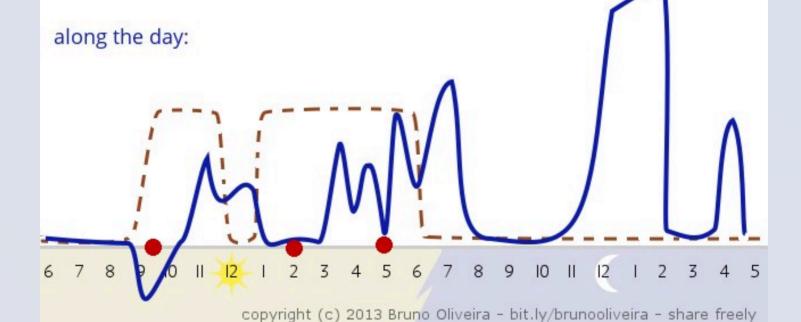
Create a stimulating environment

optimize your workplace

#### geek productivity at work

- how non-geeks think it works
- how it actually works
  - sampling points likely to used by non-geeks to get a general picture of how geeks work





#### How to work

#### Everybody works differently

find out what works for you

It's **not** about how many hours — *stupid* !!1!!!one!eleven

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#### **Focus**

and procrastinate when you can't

#### How to work

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find out what works for you

It's **not** about

say no to pe

Create a stim

optimize yo

PhD Goal: figuring out how you get your

ven

best ideas

#### **Focus**

and procrastinate when you can't



# I don't know man.

Sometimes, it's just not happening. No need to keep your chair warm, call it a day – go out, have **fun**. Who knows, maybe you'll even get a good idea.

# Sometimes, I don't want to move it move it.

#### It's not so bad, really

don't get yourself down

#### Acknowledge the good times

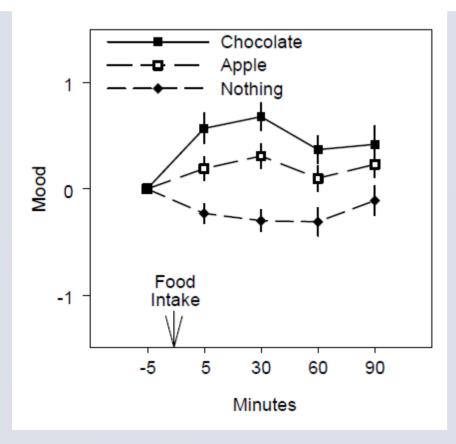
keep a folder with past accomplishments, with e.g., graduation photos, acceptance notifications, awards, conference visits, etc.

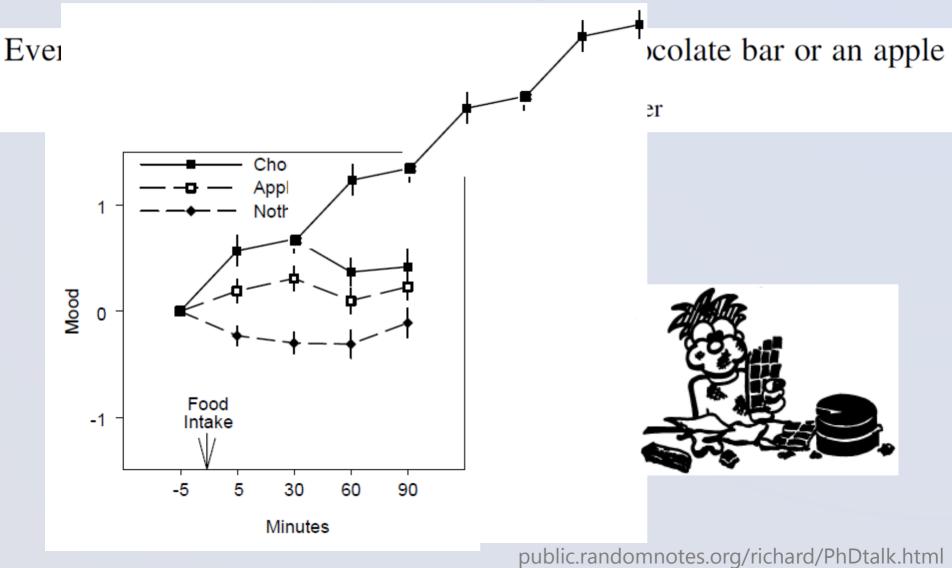
Everyday mood and emotions after eating a chocolate bar or an apple

Michael Macht \*, Dorothee Dettmer

Everyday mood and emotions after eating a chocolate bar or an apple

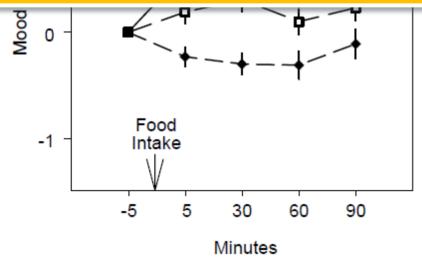
Michael Macht \*, Dorothee Dettmer





Evei colate bar or an apple

Who cares about "an apple a day ...", it's: "a chocolate bar every 30 minutes"!





#### Celebrate Your Victories

#### Cele @ Original Artist



http://www.cartoonstock.com/directory/v/victory\_dance.asp

#### Celebrate Your Victories

"Success is not the key to happiness.

Happiness is the key to success.

If you love what you are doing,
you will be successful."

Albert Schweitzer

Some groups have "publication cakes"

Make it chocolate, please!

Acknowledge everyone somehow involved

Create a positive group atmosphere

#### Celebrate Your Victories

"Success is not the key to happiness.

Happiness is the key to success.

If you love what you are doing

# If you're **happy** and you know it, then you really ought to **show it**!

Joine groups have publication cakes

Make it chocolate, please!

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Create a positive group atmosphere









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#### Talk to people at all occasions

after presentations, in coffee breaks, in rest rooms

Plan which sessions/presentations to attend

combination of topic and presenter

Make the most out of a poster presentation



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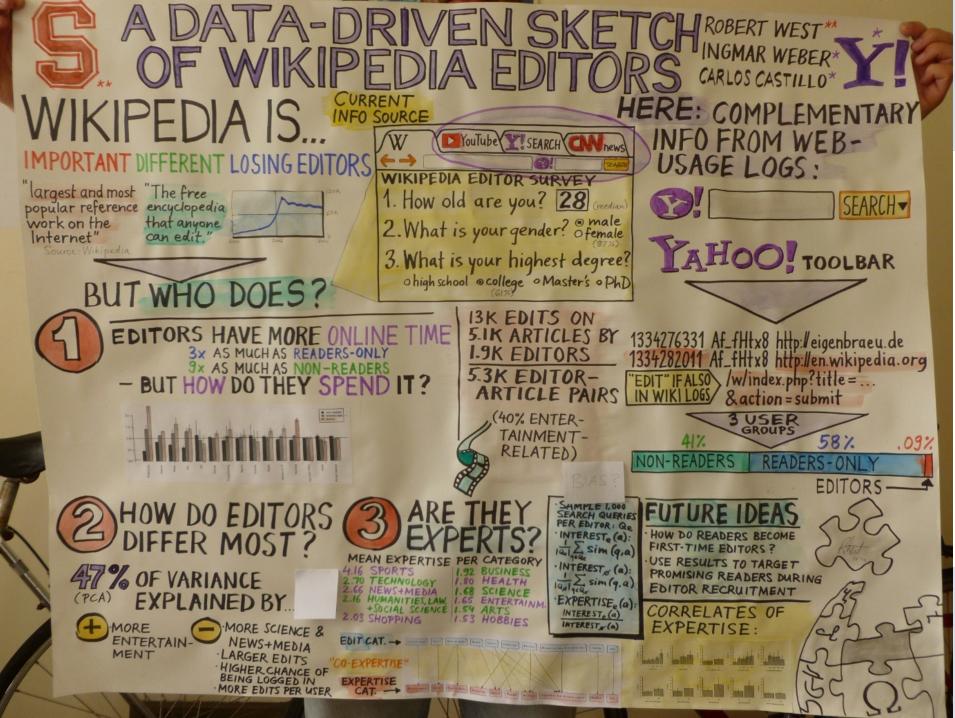
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engage people, offer free candy and advertise it



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#### Combine a conference with visits

universities and institutes nearby

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after presentations, in coffee breaks, in rest rooms

# Plan whi combin Be as active as possible. It is boring if you're not.

Make the most out of a poster presentation

engage people, offer free candy and advertise it

#### Combine a conference with visits

universities and institutes nearby

# Giving a Presentation

# 

# Surviving on Stage

Just a few things to remember

The medium matters as much as the message

it is all about confidence

Realise that you are the expert

attendees want to learn what you discovered

It is **not** a competition (anymore)

your paper was accepted, now it is about advertising

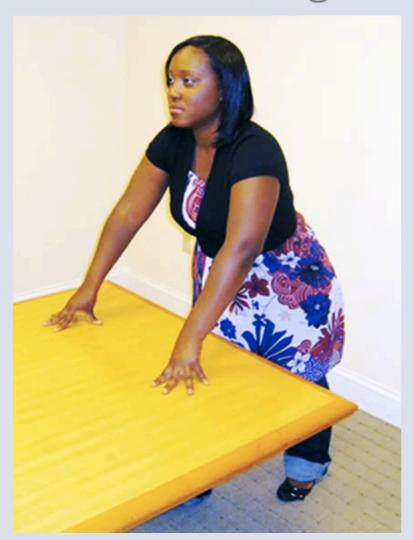
How you **feel** influences how you **behave**.

How you **behave** influences how you **feel**.

How you **behave** influences how you **feel** influences how you **behave** 

Only **two** minutes of power posing reduces stress levels **and** changes behaviour

# Power Posing





Amy Cuddy (2012) Your Body Language Shapes Who You Are, TEDglobal

# Power Posing





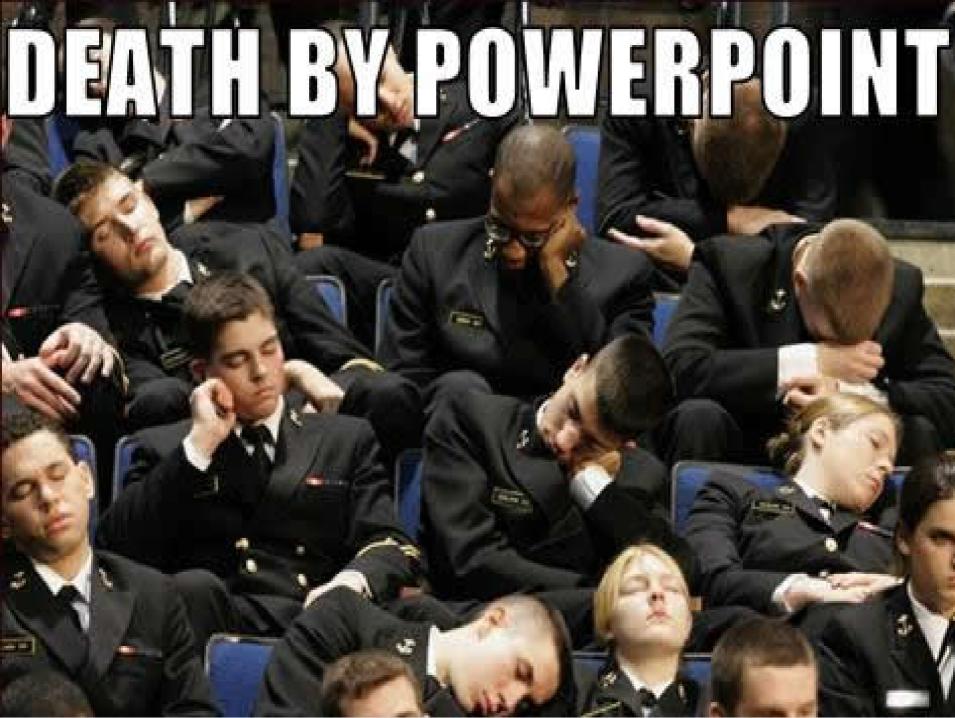
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# Power Posing





# Giving a Presentation



## Giving a Presentation

#### Don't overestimate your audience

Go sloooow on technical details – or leave out

#### Don't overestimate your time

90-100 seconds per normal slide

#### Who on earth invented overview slides?!?

Introduction, ... Experiments, ... Conclusions

#### Clearly emphasize the key points

Visually and audibly

#### Think about the **take-home** message

say thanks on the last slide, keep the conclusion visible

#### Get feedback on all aspects and practice

# Giving a Presentation

#### Don't overestimate your audience

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#### Don't overestimate your **time**

90-100 seconds per normal slide

Who o Introd Highlight the key points.

#### Clearly emphasize the key points

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#### You're taking an elevator with Donald Trump

Donald: "So, what are you working on?" You: ...

#### You're taking an elevator with Donald Trump

Donald: "So, what are you working on?"

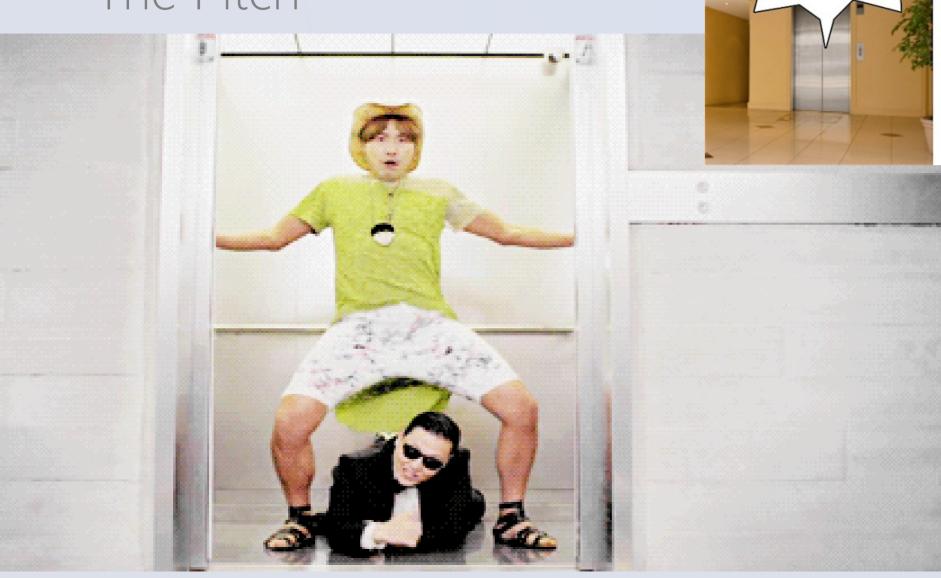
You: ...



You're taking an elevator with Donald Trump

Donald: "So, what are you working on?" You: ...

Forces you to focus on the essential, see the big picture, get others excited, and remember you & your work





#### Perhaps even more important: Cocktail Party Pitch

- Next family reunion
- "My child does something with computers."

So, how is your work useful?

Perhaps even more important: Cocktail Party Pitch

Next family i

"My child do

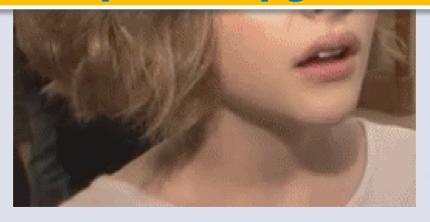


ul?

Perhaps even more important: Cocktail Party Pitch

- Next family ı
- "My child do

Think of a 60 sec summary of your work. Ask jilles@mpi-inf.mpg.de for feedback.



## The Thesis

#### In CS, typically a collection of papers

in the best case on a related topic

#### Rewrite per-paper introductions

there'll be a long introduction

#### When you don't know what to write

just write something

#### It will take longer than you think

even if you expect it to take longer than you thought

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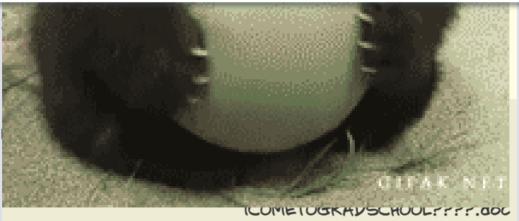


# In CS, "easy" if you have published. But, takes longer than you think.

just write

It will take

even if yo



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## Survival Checklist

#### Put yourself in the shoes of your audience

your advisor, your readers, conference attendees, ...

#### Get your priorities straight

define achievable short-term goals and stick to them

#### Learn when to say no

don't get involved in too many things

#### Be thoughtful about networking opportunities

personal story

## Some references

#### **Good Books**

- "A PhD is not Enough", Feibelman
- "Mastering your PhD", Gosling & Noordman
- "How to Get a PhD", Philips & Pu

#### **Informative Sites**

- http://matt.might.net/articles/
- http://public.randomnotes.org/richard/

#### Google [title] filetype:pdf

- "From Research to Manuscript", Katz
- "Scientific Writing", Peat
- "Writing for Science", Goldbort

#### **Funny Sites**

- Research in Progress researchinprogress.tumblr
- Piled Higher & Deeper phdcomics.com

#### **Great Slides**

- Sue Moon "A few tips I wish I had before I met my advisor"
- Yannis Smaragdakis "PhD Rants and Raves be afraid, be very afraid"
- Eamonn Keogh "How to do good data mining research, get it published, and get it cited"

#### Special thanks to Ingmar Weber for his excellent talk

"Advice for young Jedi knights and PhD students" at PIKM 2012



For comments, praise, pointers to books, slides, sites, ...

jilles@mpi-inf.mpg.de