



Common Mistakes in Graduate Research Projects

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Not planning



- Have a short-term and a long-term plan
- Prioritize
- Be flexible

Not documenting your work



- Find a method that works for you
- Make it a habit
- Summarize what you read/learned
- Back up your work

Not asking for help



- Don't be afraid to ask questions
- Follow the "15 minute" rule

Constantly doubting yourself



- Do not compare yourself to others
- Do not downplay your achievements
- Do not take feedback personally
- Talk to people

Neglecting your mental health

TAKE CARE



OF YOURSELF

- Have hobbies
- Take breaks and enjoy holidays
- Seek mental health support

Summary

- Plan ahead
- Document your work
- Ask for help
- Believe in yourself
- Take your mental health seriously

