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Repeat the following:

- **I am not invulnerable nor immortal.**
- **I will wear sunscreen and comfortable shoes, and I will use ear plugs when the music is very loud.**
- **I will have a medical exam on a regular basis.**
- **At least once in my career I will fall madly in love with an idea.**
- **I will do my theoretical homework.** – *Get the fundamentals down, otherwise the fancy stuff is not going to work* (Randy Pausch)
- **I will not worry about being worried.**
- **At least once in my career I will absolutely trust in my ability to do great things.**
- **I will never take myself too seriously nor believe I know more than everyone else.**
- **I will not be the person who tells others how great I am.**
- **I will not be discouraged when things don't work out.**
- **I will never rely on persons who revel in the failure of others.**
- **I will listen to the advice of those who really want me to succeed.**

And, above all ---

- **I will *never, ever*, ignore the people who love me.**

My Ph.D. taught me that

- **Smarts and IQ don't matter as much as everyone thinks.** Can you solve a differential equation in your head? You must be really smart. But can you persevere when you **cannot** solve it? Can you go through 3 books and 20 journal papers to figure out the solution? That is what counts.
- **Murphy's law is true.** Be optimistic in general but prepare for the worst. Your code will not work, the results will not match even after multiple attempts, your papers will get rejected, your advisor might change your project after you have spent several months on it, you may have financial or health troubles etc. Can you, in all this chaos, remain somewhat calm and get stuff done? That is what counts.
- **Self-care is cool.** Can you take care of yourself? Can you take care of your physical and mental health, force yourself to exercise regularly, eat healthy food and have a social life out of the lab? When you are starting your Ph.D., these things may seem trivial. But, believe me, you will burn out and given the prevalence of mental health issues in academia, it will get to you.
- **The value of a Ph.D. comes from the learning.** Your Ph.D. degree is not worth much if you did not learn the trappings of your field AND scientific publishing. Throughout your Ph.D., you should be learning new things (and getting papers out of them).