

How to manage your time efficiently during your PhD

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Outline of the talk

- Take **myself** as an example
- Set **goals** and make them **happen**
- Manage your time and keep to the **deadlines**
- Work with your supervisors and to create a “**win-win**” situation
- Ask for **help** when you need it (not only restricted to your mentor)
- Have a **positive** approach and use the **opportunities** available
- Sometimes you need to let it go, as life is not going to be stocked for a single accident

What to expect from a PhD degree?

Ask background & expectation

- From students point of view
 - get a paper and graduate
 - give me a simple and straightforward project
 - find a good job

What most **students** do together is to complain their **supervisors**

- From supervisors perspective
 - basic requirement to graduate (MCB rule) is only for those who are mediocre or below average students
 - problem solving & self-driven
 - establish your career

What most **supervisors** do together is to complain their **students**

How to ***intersect*** your expectation and your supervisor's perspective?

What to expect then, at least?

- From students point of view
 - get a paper and graduate/ aim to finish a project and write down a good thesis
 - give me a simple and straightforward project / choose a lab and/or a mentor suits you to match the goals
 - find a good job/ decide and prepare what you want to do at least 2 years before you graduate

My personal experience to share

Common problems for students – inefficient & non professional!

- Did a lot of experiments, but no consistent results – weak scientific training
- Did a lot of experiments (confocal imaging, FACS, WB, etc), but never quantify – **no single data can be published without quantification**
- Arranged too many exps, but no exp is **finished**
- Stock in one experiment not working for more than 2-month, but never **stop to think why?**
- Spent a lot of time in the lab, but not doing experiment – **very inefficient**

How to improve?

Manage your time and keep to deadlines

- Aim to graduate within **5** years time chart
- Annual time chart
- Quadrant chart
- Weekly plan
- Arrange your figures as a peer- review **manuscript format** every year

Manage your time and keep to deadlines (Stephen Covey)

	Urgent	Not Urgent
Important	I <ul style="list-style-type: none">▶ Crises▶ Pressing problems▶ Firefighting▶ Major scrap and rework▶ Deadline-driven projects	II <ul style="list-style-type: none">▶ Prevention▶ Production capability activities▶ Relationship building▶ Recognizing new opportunities▶ Planning▶ Re-creation
Not Important	III <ul style="list-style-type: none">▶ Interruptions▶ Some calls▶ Some mail▶ Some reports▶ Some meeting▶ Proximate pressing matters▶ Popular activities▶ Some scrap & rework	IV <ul style="list-style-type: none">▶ Trivia▶ Busywork▶ Some mail▶ Some phone calls▶ Time-wasters▶ Pleasant activities

Manage your time and keep to deadlines (Stephen Covey)

	Urgent	Not Urgent
Important	<p>I</p> <ul style="list-style-type: none">▶ Crises▶ Pressing problems▶ Firefighting▶ Major scrap and rework▶ Deadline-driven projects <p>Do it right now</p>	<p>II</p> <ul style="list-style-type: none">▶ Prevention▶ Production capability activities▶ Relationship building▶ Recognizing new opportunities▶ Planning▶ Re-creation <p>Concentrate</p>
Not Important	<p>III</p> <ul style="list-style-type: none">▶ Interruptions▶ Some calls▶ Some mail▶ Some reports▶ Some meeting▶ Proximate pressing matters▶ Popular activities▶ Some scrap & rework <p>Fragmented time</p>	<p>IV</p> <ul style="list-style-type: none">▶ Trivia▶ Busywork▶ Some mail▶ Some phone calls▶ Time-wasters▶ Pleasant activities <p>With the least time</p>

Manage your time and keep to deadlines

	URGENT	NOT URGENT
IMPORTANT	<p>I URGENT IMPORTANT</p> <p>EXAMPLES Project deadline tomorrow Tax pmt. due in 3 days</p> <p>RESULTS Stress, burnout Feel out of control</p>	<p>NOT URGENT IMPORTANT II</p> <p>EXAMPLES Planning, Setting up Systems Strategy & Goal-Setting</p> <p>RESULTS Long-Term Perspective Few crises, Control, Growth</p>
NOT IMPORTANT	<p>URGENT NOT IMPORTANT</p> <p>EXAMPLES Unimportant requests Social phone calls</p> <p>RESULTS Progress is delayed. Deadlines jeopardized</p> <p>III</p>	<p>NOT URGENT NOT IMPORTANT</p> <p>EXAMPLES Playing games at work Purely social Facebook</p> <p>RESULTS Never get ahead OR Complete Failure</p> <p>IV</p>

Image credit: business advisor

Manage your time and keep to deadlines

Page number 82	Continued from page number	Notebook no.
Date 2 April (Mon).		
Important & urgent	Important	
* Send the paper to Development. (no later than 20 April)	Not urgent	
* Prepare questions for viva list Q & A. Read thesis & find every abstract of the reference.	* Dad & Mom's travel sched	
* change the fig of cyclin section (st 25-st 30 are the same)	* Move exp. on p. 74-75	
* Need to check figure legends again (check the tense, keep consistent)	* Write an email to Hyn & propose some project	
	* Set up electroporation after viva & paper out	

Manage your time and keep to deadlines

Nonimportant urgent	Non important Non urgent			
* Reimburse GRC (travel + ^{registration} check)	* Gym (twice / a week)			
* Send <u>Dx Mo</u> infected embryos to Bristol & send a email & call wanchang.	* Get HK visa * Make plasmid state da MO. * insita protocol.			
* Write a Seiscope article for chun-che.				
* electroporation protocol to EA				
* USA visa document.				
Performed by	Date	Approved by	Date	Continued on page number

At the Bench: A Laboratory Navigator

At the Bench A LABORATORY NAVIGATOR

UPDATED EDITION

"...a marvelously crafted, enormously useful and entertaining guide for the laboratory neophyte...a survival kit no bench worker should be without."



Kathy Barker



COLD SPRING HARBOR LABORATORY PRESS

Keep a good lab note and Plan experiments ahead

The first week when I arrived Cambridge

Continued from page number 7 Page number 7

- PCR protocol (from Roz).

1.2 RNA + 18.2 μ DEPC-dH₂O, heat at 75°C for 5 min
put on ice

mix	Random hexamers 100 μ M	1 μ
	10x PCR buffer	10 \times 3 μ
	25mM MgCl ₂	3.6 μ
	dNTPs (25mM)	0.6 μ
	RNase inhibitor (50%)	0.6 μ

↓ 37°C, 5 min
↓ add 2 μ MMLV-RT
↓ incubate at 37°C for 1 hr

also do "no enzyme" negative control to show the PCR reaction was not from genomic DNA

R condition

cpDNA template	1 μ	11 μ
PCR buffer (10x)	2.5 μ	27.5 μ
MgCl ₂ (25mM)	0.5 μ	16.5 μ
dNTP mix (25mM)	0.2 μ	2.2 μ
5' primer (10 μ M)	1 μ	11 μ
Rv primer (10 μ M)	1 μ	11 μ
Taq polymerase (5u/s)	0.1 μ	1.5 μ
dH ₂ O	17.7 μ	194.7 μ
	25 μ	

Roz's programme 4

Date Approved by Date Continued on page number

book no. Continued from page number Page number 14

30 Sep, 2002.

ops fixing: (The tropis embryos were from 12 Sep fixing).

- ↓ Let the embryo grow to the desired stage.
- ↓ Add MEM.F.A for fixing 1 hr at RT.
- ↓ Discard MEM.F.A, add 180% EtOH 3 x 5 minutes
- ↓ 100% EtOH and store at -20°C freezer

trops mate at pm 9:00

28°C	pm 10:00	stage 11	gastrula
24°C	am 9:00 next day	stage 12-13	neurula
24°C	pm 3:00 next day	stage 16-18	tailbud

in situ protocol (From Kim combined with Sam's protocol)

Day

- ↓ Rehydrate embryos in 100% EtOH 5 min S
- ↓ 75% EtOH (EtOH + ddH₂O) 5 min S
- ↓ 50% EtOH (EtOH + ddH₂O) 5 min S
- ↓ 25% EtOH (EtOH + Pw) 5 min S

- ↓ Pw 3 x 5 min
- ↓ Proteinase K 5 min at RT. (3 μ l Proteinase K / 150 μ l Pw)
↳ destroy membrane for tropis.
- ↓ 0.1M Triethanolamine (in ddH₂O) - 2 x 5 min S
↳ deacetylated the lys residue
- ↓ Add 12.5 μ l acetic anhydride, 5 min S (in hood)
- ↓ Add another 12.5 μ l acetic anhydride, 5 min S
- ↓ Pw 2 x 5 min S
- ↓ Refix in 4% formaldehyde, 20 min S (fresh prepared)
- ↓ Pw, 5 x 5 min S
- ↓ Hybridisation buffer, 5 min at RT
- ↓ Replace hybridisation buffer, 6 hrs at 60°C
(in Nancy's lab incubator)
- ↓ Hybridise with the probe O/N at 60°C
(the probe is made up in hyb buffer at 1/10 from the stock
* used protocols can be reused for 3 times)

formed by Date Approved by Date Continued on page number

Keep a good lab note and Plan experiments ahead

Notebook no.	Continued from page number	Page number 16
Date		
In situ doesn't work at all this time. (I'm crying ~)		
Troubleshooting =>		
1. Use some positive control probes from Nancy's lab (such as cardiac actin, Pax6)		
2. Use hyb B buffer from Riccardo (SHOKO)		
3. Check 0.1M ethanolamine pH.		
4. Use some larvae embryo for staining.		

Plan experiments ahead within a week

Book no. _____ Continued from page number _____ Page number 133

29 Aug. 03

1. Fixed the injected embryos.

2. Make RNAs miniprep Transcript 5' (chp-1).

7-12. 這一個 clone 是 最好的 選擇

10-1

12-3

12-9 + chp-1

15-8 + bNavel HLT.

16-10.

3. Inject hormones for frogs.

Plan for next week (2)

Date	Activity	In situ	miniprep chp-1 / normalization / purification
8/30 (Sat)	Injection: 14-7-C, D, E, F, G, H.	pool 18, 23, 24	make bHLH chp-1
8/31 (Sun)		14 days	
9/1 (Mon)			
9/2 (Tue)	Injection: 16-4-D, N, A, B, C, D, E, F, G, H.		
9/3 (Wed)			
9/4 (Thu)	11-2-D, N, A, B. chp-1 ← animal morphol zone expression. bNavel HLT.		
9/5 (Fri)			
9/6 (Sat)	11-2-C, D, E, F, G, H.		

Perform by _____ Date _____ Approved by _____ Date _____ Continued on page number _____

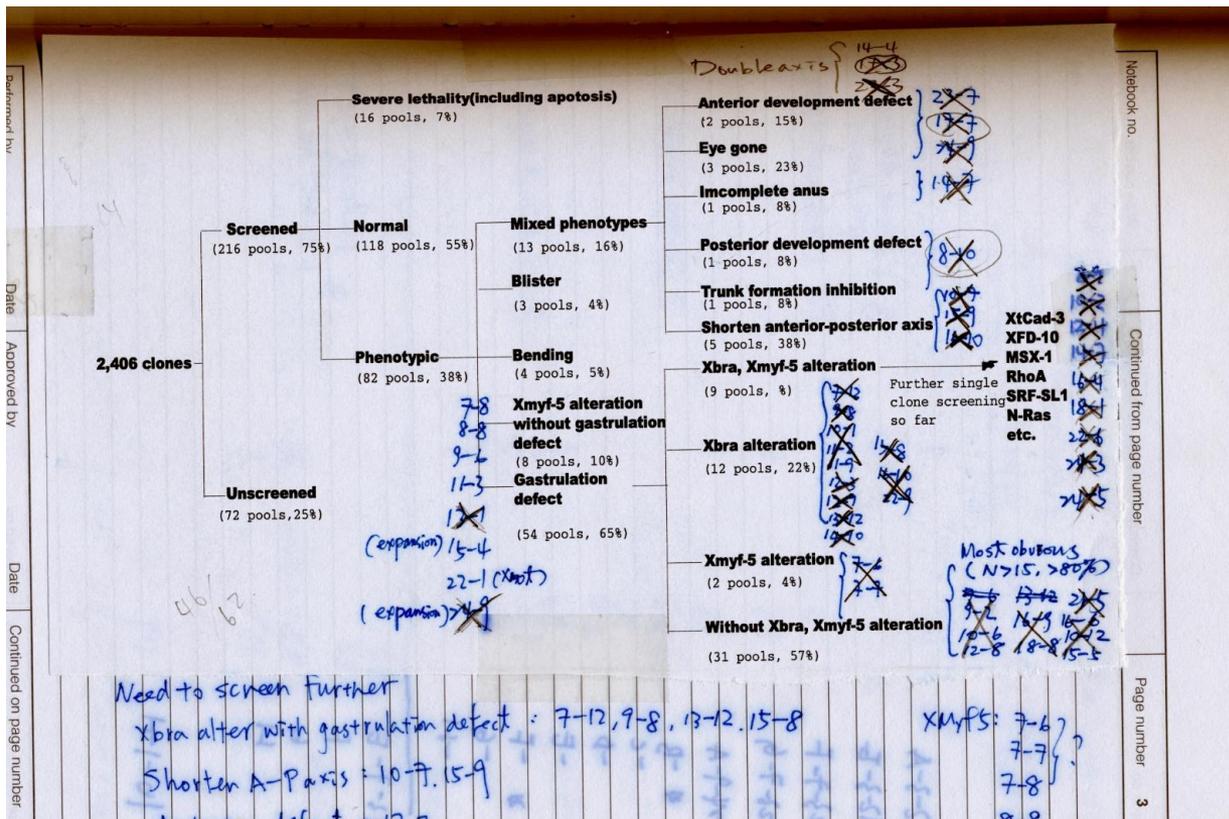
Plan experiments ahead within a week

an for next week (2)

8/30 Sat (Mon)	Injection. 14-7-C, D, E, F, G, H.	In situ. 18 pool	miniprep chp linearization purification.
8/31 Sun (Mon)	*	pool 18, 23, 24 14 (day 1)	make bHLH chp 1
9/1 (Mon)		(day 2)	
9/2 (Tue)	Injection: 16-4-O, N, A, B, C, D, E, F, G, H.	(day 3)	
9/3 (Wed)			
9/4 (Thu)	11-2-O, N, A, B. chp 1 bNone HLH.	animal marginal zone es vegetal.	
9/5 (Fri)			
9/6 (Sat)	11-2-C, D, E, F, G, H.		
9/6 (Sat)			
9/6 (Sat)			

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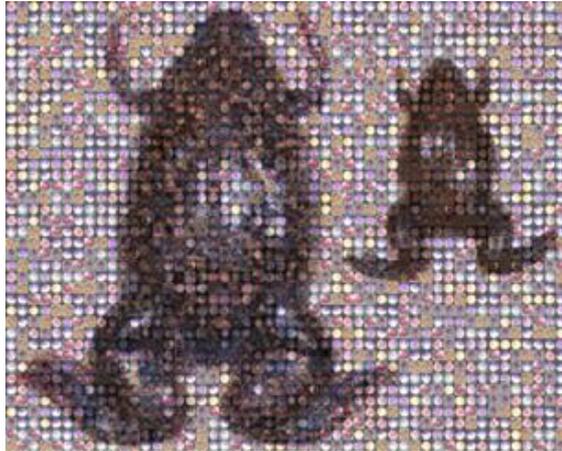
Organise your results and constantly revise the progress



Publish your first author paper ASAP

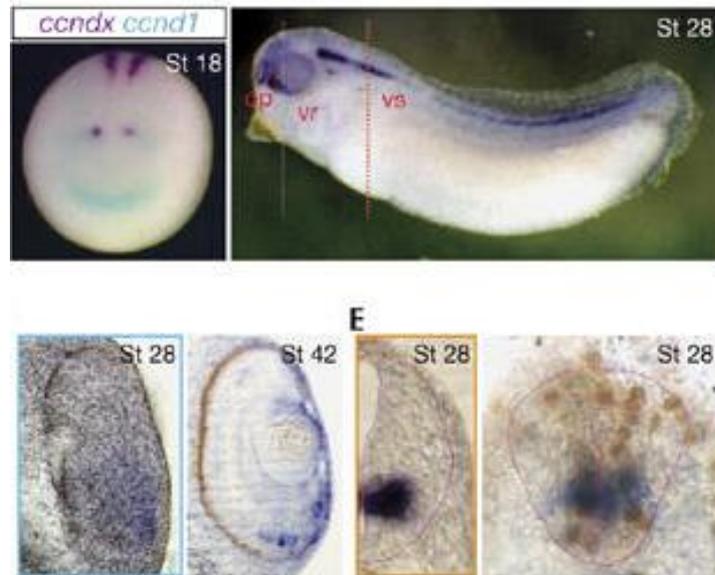
Chen J-A, Voigt J, Gilchrist M, Papalopulu N and Amaya E. (2005) Identification of novel genes affecting mesoderm formation and morphogenesis through an enhanced large scale functional screen in *Xenopus*. [*Mechanisms of Development* 122:307-331.](#) **(Featured article to make cover poster).**

4. Voigt J, **Chen J-A**, Gilchrist M, Amaya E and Papalopulu N. (2005) Expression cloning screening of a unique and full-length set of cDNA clones is an efficient method for identifying genes involved in *Xenopus* neurogenesis. [*Mechanisms of Development* 122:289-306.](#)



Two projects in parallel

Chen J-A, Chu S-T, and Amaya E. (2007) Maintenance of Motor Neuron Progenitors in *Xenopus* Requires a Novel Localized Cyclin. *EMBO Reports* 8:287-292. (Featured article).



Arrange your time even more efficiently on weekends

The image shows a screenshot of the Google Calendar interface. At the top, there is a search bar with the text "Search Calendar" and a magnifying glass icon. Below the search bar, the word "Calendar" is displayed in red, followed by navigation buttons for "Today", left and right arrows, and the date range "Jan 25 - 31, 2010 農曆十二月十一 - 十二月十七".

The main calendar area shows a weekly view from Monday, January 25 (labeled "Mon 1/25 十一") to Sunday, January 31 (labeled "Sun 1/31 十七"). The time slots range from 7am to 11pm. Various events are scheduled, including:

- 11am - 12p: embed
- 12p - 1p: Dr. J. David Sweatt, Chair, Department of Neurobiology; Director, McKnight
- 1p - 2:30p: section
- 2:30p - 3:30p: Dr. Christina Leslie, Principal Investigator, Laboratory for
- 3:30p - 4:30p: 1 AB
- 4p - 5p: add more LB in mini
- 4p - 5p: Dr. Piyush B. Gupta, Postdoctoral Associate, Broad Institute,
- 5p - 6p: 1 ab
- 6p - 7p: go to Macys
- 7am - 8am: TPE
- 8am - 9am: 9 - 10 check transformed & miniprep
- 9am - 10am: 10 - 11 2nd Ab
- 10am - 11am: 10 - 11 miniprep
- 11am - 12p: 11 - 13p RE digestion, gel purification, ligation, BP cloning
- 12p - 1p: 12p - 1p Confocal
- 1p - 2p: 1p - 2p Confocal
- 2p - 3p: 2p - 3p grow feeders for Bx 60mm feeders
- 3p - 4p: 3p - 4p grow test ES cells
- 4p - 5p: 4p - 5p grow feeders for Bx 60mm feeders
- 5p - 6p: 5p - 6p grow test ES cells
- 6p - 7p: 6p - 7p grow test ES cells
- 7p - 8p: 7p - 8p grow test ES cells
- 8p - 9p: 8p - 9p grow test ES cells
- 9p - 10p: 9p - 10p grow test ES cells
- 10p - 11p: 10p - 11p grow test ES cells
- 11p - 12p: 11p - 12p grow test ES cells
- 12p - 1p: 12p - 1p grow test ES cells
- 1p - 2p: 1p - 2p grow test ES cells
- 2p - 3p: 2p - 3p grow test ES cells
- 3p - 4p: 3p - 4p grow test ES cells
- 4p - 5p: 4p - 5p grow test ES cells
- 5p - 6p: 5p - 6p grow test ES cells
- 6p - 7p: 6p - 7p grow test ES cells
- 7p - 8p: 7p - 8p grow test ES cells
- 8p - 9p: 8p - 9p grow test ES cells
- 9p - 10p: 9p - 10p grow test ES cells
- 10p - 11p: 10p - 11p grow test ES cells
- 11p - 12p: 11p - 12p grow test ES cells

On the left side, there is a "CREATE" button and a "February 2010" calendar grid. Below that is a legend for "My calendars" with categories: Appointment (pink), Birthdays (green), Exp (blue), FACS (yellow), Important day (purple), Mice mating (light blue), Seminar (light green), Stuff (grey), and Tasks (light blue). There is also a "Other calendars" section.

At the bottom left, there are links for "Terms" and "Privacy".

During lunar new year break /2024

MON 5 廿六	TUE 6 廿七	WED 7 廿八	THU 8 廿九	FRI 9 三十	SAT 10 正月	SUN 11 初二
Vacation in Tainan			✓ m6A paper	✓ Far Eastern award	✓ Annual Review plan	✓ write to Tony Haema
(No title)			✓ Submit to Miao and a	✓ HMG reviewer	✓ arrange TSDB	Lunar New Year Holiday
			Lunar New Year Holiday	Lunar New Year's Eve	✓ PI recruitment video/	Lunar New Year Holiday
			Lunar New Year Holiday	Lunar New Year's Eve	✓ SPP proposal/with CI	
					Lunar New Year's Day	
					Lunar New Year's Day	

The 1st week after lunar new year break /2024

MON 19 雨水	TUE 20 雨水	WED 21 十二	THU 22 十三	FRI 23 十四	SAT 24 十五	SUN 25 十六
Annual review	Escape car maintenar	deadline of 許有庫		Deadline for SMA	check USA credit card	EMM review
KW morning off		transfer money to			Lantern Festival	SPP
Presidents' Day					Lantern Festival	
	Workout 8 - 10:30am					
FangYu 9 - 10:45am		Yaping 9 - 11am	Aging grand challenge 8:30 - 11am	Lab meeting 8:30am - 6pm N501	submit manuscript 8:30am - 12:45pm	workout 8:30 - 11am
	Geneweis workshop 11am - 12pm	Dr. Yen-Ping Hsueh 薛屏 11am - 12pm	DIDIER Y. R. STAINIERT 11am - 12pm			
	check car 12 - 1:30pm	Pings lunch 12 - 1:30pm	Lunch with speaker 12 - 2pm			
Lung 2 - 4:30pm	PI candidate discussion 2 - 4:30pm	Neural Development and Disease Room:C101, Interdisciplinary Building, Academia Sinica 1:30 - 4:30pm	PDGS: Overview of the		Review writing 1 - 6pm	ALS meeting 1 - 6pm
ChuanChe 4:30 - 6pm	GSB student interview 4:30 - 5:30pm	Eunice 4:30 - 6pm	Eunice 2:30 - 4:30pm			
			TSDB mee 4:30 - 6pm	IMCB 教委 4:30 - 5:30		
			所長擬於2月22日晚 上6:00宴請 聚餐地點為 鮮餐廳(經貿二路 188號2樓)。 6 - 9pm	Jaes Hess, 6:30pm		
				Jaes school day 7 - 9pm		
					CK31618:00 劍潭國小 旁的「ANS8西班牙創 意料理餐廳」02 2885 1029 https://g.co/kgs/8SQxdER 6 - 9pm	

Steve Jobs was successful because he mastered 'deep work' — here's how you can, too

- Consider this: according to author John Freeman, the average American worker is **distracted over 11 times an hour**, mostly by email. This means that even if we wanted to spend an age perfecting something, we simply wouldn't have enough bandwidth.

Steve Jobs was successful because he mastered 'deep work' — here's how you can, too

- Consider this: according to author John Freeman, the average American worker is **distracted over 11 times an hour**, mostly by email. This means that even if we wanted to spend an age perfecting something, we simply wouldn't have enough bandwidth.

Pomodoro Technique (Francesco Cirillo)

1. Decide what you're going to work on. Ideally, tasks should take roughly one 25-minute block to accomplish. Larger tasks should be split into smaller chunks. (For me, writing this section of the article is my current task.)

2. Set a timer for 25 minutes. Start working, and don't stop until it rings. Ignore any emails, texts, or other notifications—or better yet, [silence them before you start](#). (I've got 8 minutes left in this block.)

3. When the timer rings, you've finished one Pomodoro. Take a 5-minute break. Stretch, check social media, and do all those bits you aren't allowed to do when you're working. Use the timer to keep yourself honest.

4. After every four Pomodoros, take a longer break. Depending on how you're feeling, somewhere between 15 and 30 minutes is normally about right.

5. Keep going until your work or study session is done.

6. Marvel at how productive you've been.



Pomodoro apps

#1 Forest 專注森林

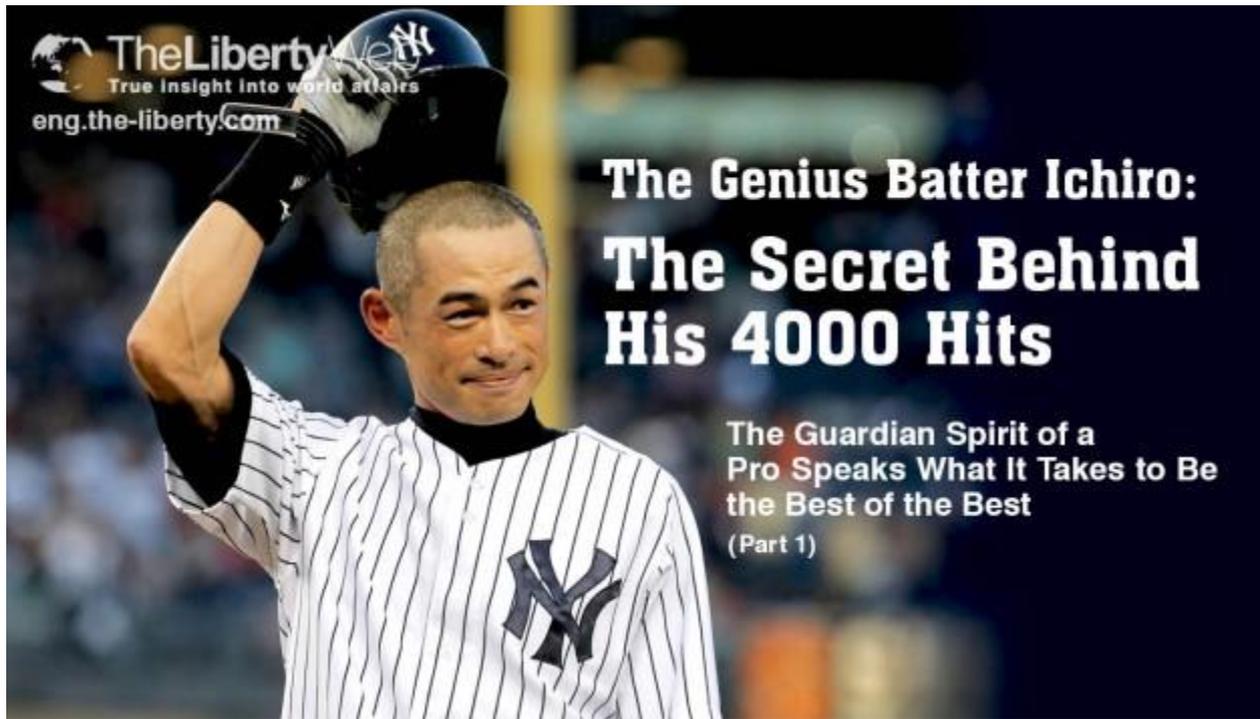


#2 Flora：一起專心的番茄鐘



#3 潮汐：睡眠、專注、呼吸與冥想



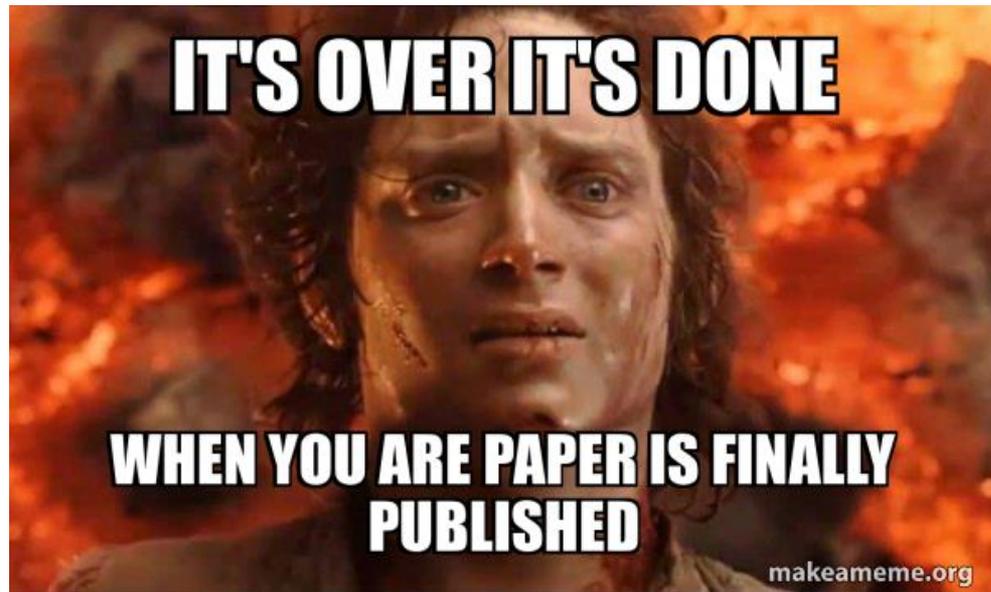
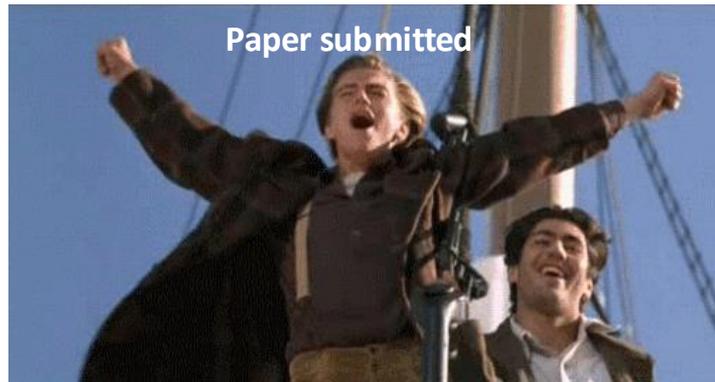


“Some people call me a ‘genius’, but that is just the results. I am not a genius hitter. I am able to continue to play due to not succumbing to injury, and I am constantly striving to get one more base. For that reason, I continue to train hard every day. When it comes to match day, I am not aiming to succeed by calling upon some extreme physical power, and instead treat every day as the same, playing like I practice, and finishing like I practice. That is the job I continue to do.”

Manage your time and keep to deadlines

- Aim to graduate in 4~5 years time chart
- Annual time chart
- Quadrant chart
- Weekly plan
- **Arrange your figures as manuscript format once a month (a short report is 4~5 figures & an article format is 7~8 figures)**

Manage your time and keep to deadlines

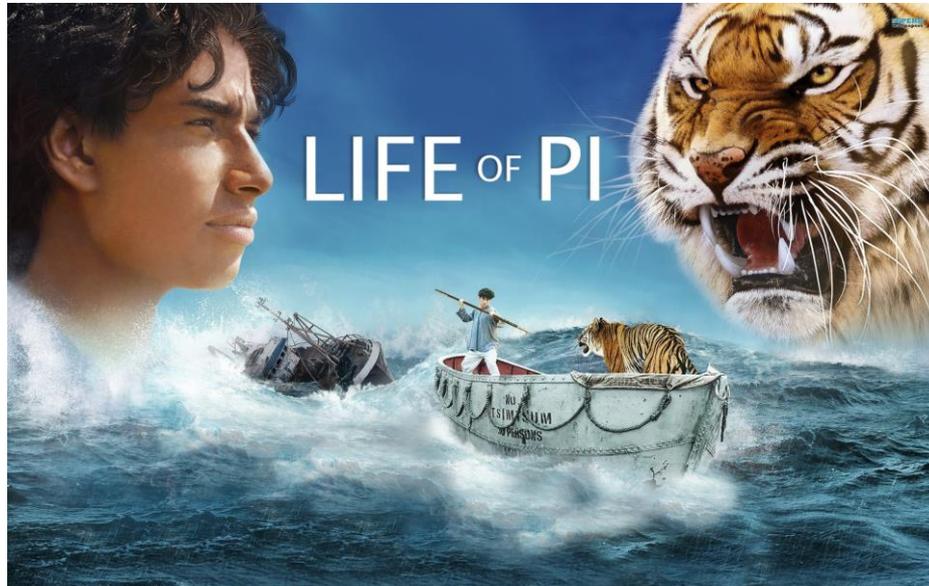


Outline of the talk

- Take myself as an example
- Set goals and make them happen
- Manage your time and keep to deadlines
- **Work with your supervisors and make use of their guidance**
- Ask for help when you need it
- Have a positive approach and use the opportunities available
- Sometimes you need to let it go, as life is not going to be stocked for a single accident

Work with your supervisors and make use of their guidance

- **Inconvenient truth** - during your PhD life, you spend more time with your supervisor than anyone else. There is no way you can escape your boss in this life



Work with your supervisors and make use of their guidance

- **Inconvenient truth** - during your PhD life, you spend more time with your supervisor than anyone else. There is no way you can prevent not to see your boss in this life
- **Synchronize** your schedule with your supervisor (or at least not to escape to seeing him/her intentionally)
- Arrange regular meetings to discuss with your supervisor – organize your discussion into recaps from last meeting, what you have done after last meeting, and what you plan to do until next meeting
- Don't leave your difficulties to your supervisor, **instead find resolution and work together to solve it!** (plan A and B)

Outline of the talk

- Take myself as an example
- Set goals and make them happen
- Manage your time and keep to deadlines
- Work with your supervisors and make use of their guidance
- Ask for help when you need it (your committee or programme coordinator)
- Have a positive approach and use the opportunities available
- Sometimes you need to let it go, as life is not going to be stocked for a single accident



CAREER COLUMN • 14 FEBRUARY 2019

Principal investigators are people, too

Recognizing that fact could help researchers in their journey through their graduate studies, says one second-year PhD student.

When things are going badly, blaming your PI or complaining that they are just “not a good supervisor” is an easy path to take. Although these complaints might sometimes be justified, it is important to keep in mind that PIs are individuals too, with their own commitments, interests, abilities, limits and stresses. Remember that you are not the only student in the lab. If a PI seems distant or unresponsive (especially in e-mails), understand that they are perhaps dealing with other things. **You have a right to be given attention, but do not always expect immediacy.**

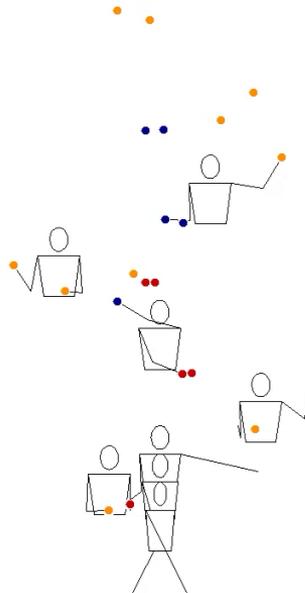
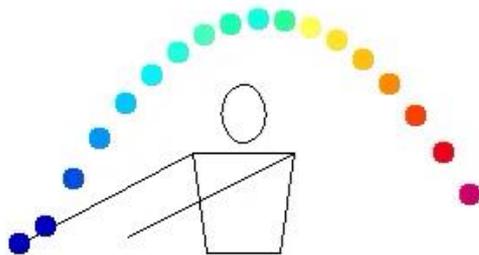
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Opportunity is everywhere!

- Setup collaboration – my trajectory (i.e. functional screen & xenopus electrophysiology)
- Participate seminars and talk to invited speakers
- Broaden your horizon by presenting your results in international meetings (travel fellowships from TIGP, IMB, society, etc)

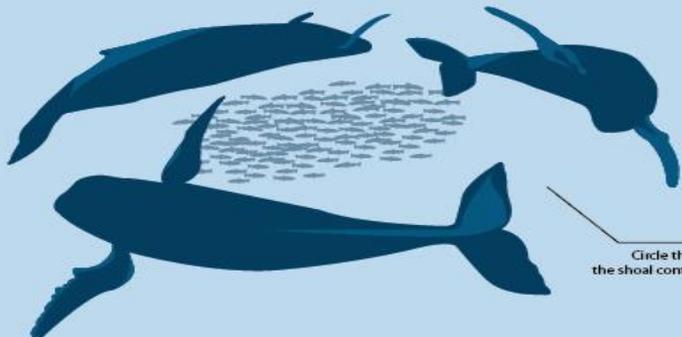
A good collaborator is a life saver!



Whales' Bubble Net Fishing | Nature's Great Events | BBC Earth

WORKING TOGETHER

Humpbacks are very intelligent and some groups use a complex method of trapping the fish which only works with clever cooperation from every whale.



HERDERS

Circle the fish with flashing fins, keeping the shoal contained and preventing its escape.

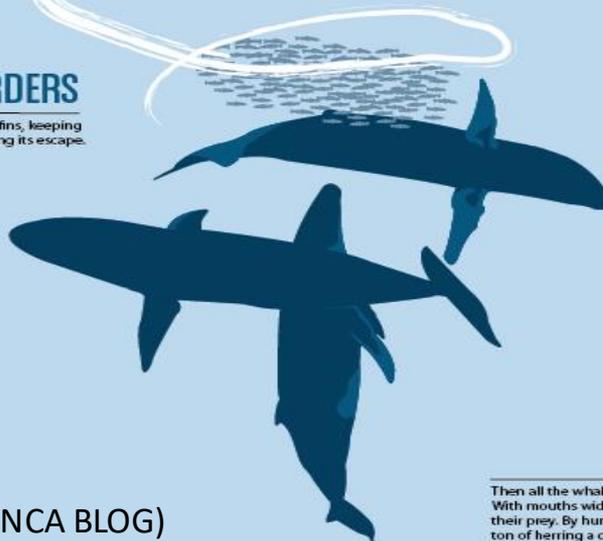
CALLER

The caller dives below the shoal and emits a deafening cry. As loud as a rocket launch, 180 decibels of sound pressure blasts through the water. In an attempt to escape from the noise, the panic-stricken fish are driven upwards.



RING LEADER

Taking up position above the herring, it begins blowing out a stream of air to create a fizzing net of bubbles. The shoal is prevented from dispersing by the herders, and driven up by the caller right into the bubble-net.



Then all the whales gather underneath the fish trapped in the net. With mouths wide open, the A-team burst through the surface, engulfing their prey. By hunting together like this, each whale can catch up to half a ton of herring a day.

(INCA BLOG)

Six project-management tips for your PhD

- **Define your timeline**
- **Prepare to be ‘punched in the mouth’**
- **Define your project scope**
- **Add value, not experiments**
- **Define metrics of success**
- **Make progress by failing early**

Nature **573**, 153 (2019)

Sometimes you just need to let go

- What if this experiment is not working?
- What if I don't publish a paper and cant not graduate?
- What if I don't get a good job after getting a PhD?
- What if I cant find a good faculty position after postodc?
- What if I cant get tenured?



FURTHER READING

Great at Work: How Top Performers Do Less, Work Better, and Achieve More by Morten T. Hansen (Simon & Schuster, 2018).

Project Management for the Unofficial Project Manager by Kory Kogon, Suzette Blakemore and James Wood (BenBella Books, 2015).

Failure: Why Science Is So Successful by Stuart Firestein (Oxford University Press, 2015).

The 7 Habits of Highly Effective People by Stephen R. Covey (Simon & Schuster, 2013).

Atomic Habits by James Clear (Avery Publishing, 2019).

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[2024 中研樂潛 / 馬爾地夫 / 船潛 \(2024 MDC Maldives Scuba Diving\)](#)

<https://www.youtube.com/watch?v=PFj4zA6XfV0>

[2025 MDC/Academia Sinica Diving Club @Raja Ampat Scuba Diving Day6](#)

<https://www.youtube.com/watch?v=vyTK5Nhy6xY>

[2026 MDC/Academia Sinica Diving Club @Sipadan](#)

<https://www.youtube.com/watch?v=edamliYVdw>

I am not asking you to become another me, I hope you to become a “better you” every day during your PhD

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