

## **The road to defending your PhD:**

- 1) **Assemble your avengers** (i.e., committee members)
- 2) Literature review
- 3) Candidacy
- 4) Independent Proposal
- 5) PhD defense\*\*

### **How do you know when you are ready to defend your thesis?**

When your PI tells you you're ready

If you've got a job lined up/are in the process of lining up a job

### **Tips for preparing to defend?**

Attend someone else's defense (and practices for other lab members)

Talk openly with your PI (before joining, during your degree, and close to defense)

Compile table of contents/specific aims for dissertation (plan some of your chapters so you can tell a story)

Don't think of your defense as a defense (it's just another presentation!)

Get feedback from your advisor

### **What to do if you encounter problems when preparing to defend (i.e. advisor, committee members, etc.)?**

Talk to your advisor, committee members, GPD

### **Paperwork required to defend?**

### **Mental health considerations?**

Stay connected with people so that you don't isolate yourself

Map out when you're going to write different sections of your thesis to stay on top of writing

Take time to relax (rest your eyes)

Remember to go outside

Personal mental health considerations (anxiety, depression, other mental health concerns)

### **What happens after you defend?**

### **Has the pandemic affected your graduation timeline and if so, how did you and your advisor work around it?**