

How to **balance** life as a PhD

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What to prioritise?

- Lab/computer/PhD work? = Get manuscripts/articles published!
- 30 student points, intensive or spread out?
- Teaching? Master students/bachelor students?
- Say no/yes?
- Friend? Family? Relationship?
- Exercising? Hobbies? Learning Norwegian?
- Join a union!
- **Imposter syndrome ..**
- **Time crisis**

Good luck!

